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ABSTRACT

This book contains a collection of recipes by African students from various parts of the continent and by others who have lived and worked in Africa. While primarily a cookbook, it also can help refute generalizations and stereotypes about Africa. Part 1, "Cooking in Africa," is designed to give students background information on the customs surrounding food preparation and eating in Africa. Part 2, "Recipes," offers an idea of the variety of foods eaten in Africa. Included are recipes for soup/stews, fish, chicken, meat, rice/staple dishes, vegetables, breads, snacks/sweets, condiments, preserves, and beverages. Part 3 "Measurement and Cooking," "Special Foods, Ingredients, and Substitutes," and "Sources of African Foods in the U.S.A." provides useful information for individuals trying to prepare African meals. (APG)

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GOOD TASTES IN AFRICA

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Compiled by Rebecca Dyasi

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African and Africa-Related Women's Association
University of Illinois at Urbana-Champaign

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African Outreach Series, No. 3

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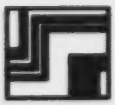
GOOD TASTES IN AFRICA

A Recipe Book
(African Outreach Series, No.3)

By the African and Africa-Related Women's Association
University of Illinois at Urbana-Champaign

Compiled by Rebecca Dyasi
Edited and Illustrated by Louise Crane



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PREFACE

Question: I have three children. If one of them is absent, the others are of no use to me. Who are they?

Answer: The three stones supporting a cooking pot. (If one stone is missing, the pot is thrown off balance.)

The "three stones" riddle, found all over Africa, refers to a familiar scene in African households: people gathering around the family cooking pot, not only to share food but also for social exchange. Sometimes the three stones are used symbolically to represent the home (in other words, the hearthstone.)

This image also symbolizes the theme of this book: a sharing of "good tastes" as well as a glimpse into the home countries of its African contributors, members of the African and Africa-Related Women's Association at the University of Illinois at Urbana. This organization, begun in 1980, includes African women from all over the continent--some of them students, others wives of students--and women with a connection to Africa by heritage or by having lived and/or worked there.

Good Tastes in Africa came about by popular demand because of the culinary skills displayed by these women at various events on the University of Illinois campus. A glance at the notes on the recipe contributors (pp. 65-66), however, will show that cooking is but one of their many accomplishments and interests. Many of the women have contributed not only recipes but also valuable background information, including some of the proverbs and riddles.

It should be mentioned that while this book is designed especially to introduce Americans to African cooking, it can also help Africans of different countries and regions appreciate each other's foods. As the women, carrying copies of *Good Tastes in Africa,* return to their home countries, Tanzanian recipes will be shared in Nigeria, Sierra Leonean cooking will be featured in Kenya, and so on.

Especially for those unfamiliar with African food, some suggestions might be helpful concerning how to use this book. Part I, Cooking in Africa, is designed to give Americans some background information on the customs surrounding food preparation and eating in Africa. Eating African food can be a much more pleasurable experience if it's done with some understanding of the background out of which the recipes emerged.

A general scanning of the recipes presented in Part II will give you some idea of the variety of food eaten in Africa, recipes suitable for main dishes, and what ingredients are necessary in preparing the recipes. As you will quickly discover, these recipes come from all over the continent of Africa.

Because Africans tend to serve one-dish meals rather than the several course meals customary with many Americans, a great many of the recipes here, including some called "soups," actually are main dishes providing a substantial meal. Another point to remember in looking over the recipes is that some of them can be made different ways. For instance, some of the recipes found under "Chicken" can be prepared just as well with beef and vice versa. Recipes for the popular West African dish known variously as "Groundnut Stew" or "Groundnut Soup" are found here and elsewhere with different preparation methods as well as different ingredients. The same flexibility exists in the seasoning, indicated here by the recurring phrases "optional" and "to taste." Warnings about hot pepper appear in some of the recipes.

Before choosing and preparing these African recipes, you should look over Part III which gives supplementary information. "Measurements and Cooking Terms," "Special Foods, Ingredients, and Substitutes," and "Sources of African Foods in the U.S.A" would be particularly useful for those unfamiliar with African cooking or for African cooks unfamiliar with areas other than their own. Africans and non-Africans alike will find "Food Taboos" and "Proverbs and Riddles About Food" interesting.

We encourage you, having once learned the basics--by trying out the recipes as written--to be creative. Make your own combinations and substitutes, especially using, as Africans do, whatever is at hand. African cooking can be an exciting way of using leftovers and creating your own good tastes!

Many people have worked very hard to make this book possible. Among the women of the African and Africa-Related Women's Association, Rachel Nkajimeje, who contributed information on food taboos among the Igbo, deserves special recognition. We would also like to express our appreciation to friends outside the organization who helped with the project. These include Astair Gebre-Mariam, from Ethiopia (now living in Evanston, Illinois), who provided information on some of the Ethiopian recipes; Efua Antwi, from Ghana, who gave the recipe for *Kenkey*; Maria Madiba, from South Africa, who contributed the recipe for spinach chilly; and our one male contributor, Francis Mwega of Kenya, who gave the recipe for *Ugali* and some of the background information. Cleota Cord, who typed the recipes without having a chance to taste them, also deserves special thanks. Finally, thanks are due the brave people who did taste the results of these recipes. Some of them suggested we add even more pepper!

PART I
COOKING IN AFRICA

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COOKING IN AFRICA

This book contains a collection of recipes contributed by African students from various parts of the continent and other people who have lived and worked in Africa for years. While it is mainly a cookbook, we hope it also can help refute generalizations and stereotypes about Africa by providing some background information on the food Africans eat and the great variety of food-related cultural traditions.

What Do Africans Eat?

The diet of the people reflects what is available in a particular area. What is eaten also depends on personal preference and taste. Generally the diets contain one main food or a small group of foods.

The people in the savannah areas of Africa eat millet, sorghum, or rice with meat and some vegetables because their soil and terrain are suited for growing millet, sorghum, and rice and for rearing stock. People in the forest areas of West and Central Africa serve yam, plantains, cassava (manioc), and rice with meat or fish and a large variety of vegetables. There is a variety of secondary foodstuffs such as maize (corn), bananas, and sweet potatoes as well. Palm oil, groundnut (peanut) oil, and coconut oil are in almost all of the meat and fish dishes served. In the Sahara region, which is mostly desert, dates and palm products feature in most of the dishes. The diet in Northern Africa also includes rice, wheat (bread), maize, meat, and vegetables. In East and Southern Africa, maize and lots of meat and milk form the basic diet.

Rice and maize are grown all over Africa, but North Africa grows more rice than any of the other regions and it exports large quantities of it. The wheat growing regions are in Northern and Southern Africa. Wheat bread, introduced by foreigners, is now eaten all over Africa. It has become a staple even though wheat does not grow naturally in most regions and must be imported by most African countries.

Although this is not the place to discuss it in detail, it should be noted that at least some of Africa's problems with food supply--which are the most serious in the world--have been blamed on the development of foreign tastes and the failure to grow and market local food products. Food products from other continents are shipped to Africa with increasing frequency, partially as a result of modern technology, which is geared especially to intercontinental trade. American cokes, New Zealand and Australian butter, Norwegian sardines, and other foreign products can be found in markets and shops all over Africa. American, French, British, Indian, Lebanese, Chinese, Japanese, and other foreign business people and companies are establishing supermarkets and restaurants in many African cities. As a result, eating and cooking habits are gradually changing everywhere in the continent of Africa. Readers will note the use of Maggi cubes, "seasoning salt," Accent, and other western imports in these recipes. Asian influence, especially strong in East Africa,

is also evident in recipes using curry, coconut milk, and other Oriental specialties.

As the family structure and work patterns have changed in Africa, so too have the times for eating. Especially in the industrialized towns and cities, one might find a three-meals-a-day pattern. The main meal of the day ("dinner") is served in the evening or at noon if there is a long break in the day's work schedule. Elsewhere, Africans might consume only one big meal a day with little more than snacks or "tea breaks" at other times. For the sake of identifying them in American terms, the sample West African menus below suggest some foods that might be eaten at a morning meal (breakfast, which is usually substantial), at lunch and snack times, and at the main meal. These foods are not necessarily eaten every day nor are they always taken in the combinations suggested here.

Sample West African Menu

Breakfast: Roasted or boiled cassava (manioc) or coco yam, yams, and meat stew with *Akara* (p. 41)

Lunch: Fried plantains and cooked black-eyed peas with hot pepper sauce

Snacks: *Rice Akara* (p. 42) and limeade or orange drink or such seasonal fruits as bananas, papayas, pineapples, mangoes, and oranges

Dinner: *Amala* (porridge made with cassava or yam flour) with okra stew (sometimes called "soup") and mixed fruits or rice with groundnut soup (p. 8) and fruits.

As noted in the menus above and in this collection of recipes, there are many one-dish meals, such as a hearty stew, often accompanied by staples like rice or yams. In West Africa in particular, the stews (called "soups" when all ingredients are boiled rather than fried) frequently combine a variety of meat and fish together with vegetables.

Desserts consist of fruits and fruit mixtures rather than cakes and pies, although more Africans these days are using the western recipes involving baking and use of eggs and milk. While African countries (especially Ivory Coast and Ghana) supply most of the world's cocoa, few Africans consume it as a food, not only because of the lack of a "sweet tooth," but also because cocoa is processed into chocolate outside the continent.

Africans drink alcoholic beverages—palm wine, beer, home brews (from corn, millet, bananas, sugar cane), *tej* (an Ethiopian drink made from fermented honey or mead), and imported liquors—as well as such nonalcoholic beverages as ginger beer, fruit drinks, coffee, tea, and bottled products (Coca Cola and Fanta, a brand of orange soda commonly available in Africa). Some of these may be served with meals, but very often there is only water. When the food is full of hot spices, as in the case of much West African and Ethiopian

food, some wine or water may help to cool the palate, though for very hot foods, alcoholic beverages are said to be ineffective. Some Africans recommend drinking water only after eating the hot food.

One important custom, especially in West Africa, is the pouring of a libation in memory of the ancestors before serving food and at ceremonial occasions. In this ceremony a few drops of an alcoholic beverage are poured first on the ground, with appropriate remarks, and then the drink is passed around to guests. Another custom special to West Africa is the ceremonial breaking and passing of kola nuts to guests before a meal and at other important occasions.

Further details about the special foods of Africa--particularly those that are ingredients in these recipes--are discussed in the section, "Special Foods, Ingredients, and Substitutes" (pp. 55-59).

Where Do Africans Buy Their Food?

Outdoor Markets

These are open-air markets held in alleys, open squares as big as football fields or larger, or populated streets, or beside bus and train stations or lorry (truck) parks. In urban areas, these outdoor markets are held seven days a week. In rural areas, the outdoor markets are usually held once a week in squares that are easily accessible to several villages. The outdoor markets are common throughout Africa.

In West Africa everything, including shoes, drugs, cloth, fish, live chickens, vegetables, and fruit, is sold in these open-air markets. In other parts of Africa more farm products, like fresh vegetables, are sold in open-air markets than any other commodity. The buyers and sellers at open-air markets, especially in West Africa, are mostly women and children. In East Africa, the men handle big items--that is, items that fetch large incomes, such as meat, bags of corn, and the like. The men also shop for meat. The women buy and sell vegetables. In West Africa, women handle big items that bring large incomes, but they usually do not sell beef, sheep, and goats. They are, however, buyers of these items. There are some households in West Africa--especially those of Muslims--where men are solely responsible for the slaughtering of the live animals for food. In southern Africa (for example, Lesotho) the meat is processed and sold in homes, not at the market.

In the urban areas, buyers usually pay cash for the items they need. In the rural areas, buyers may pay cash or trade their surplus food items for things they need. In Sierra Leone, for instance, women sometimes trade a set amount of rice, kola nuts, palm kernels, or palm oil for six yards of African print or kerosene (used for fuel).

The outdoor markets are not just a place to buy and sell. Worship services for both Muslims and Christians are held while trade is going on. Different religious sects come to the open-air markets to convert people to their faith. Political candidates use the outdoor markets as platforms. People meet their friends here to share information and discuss events. Markets are,

in short, the center of economic, political, social, and cultural life in Africa. The whole atmosphere is one of excitement and liveliness.

Market Buildings

In addition to outdoor markets, all African cities have market buildings, often made of bricks, cement blocks, or corrugated tin, which contain stalls. The stalls are allotted to individual merchants to sell their goods. A minimum fee is charged for each stall. Some of these markets are strictly specialty markets. There are, for instance, fish markets and herb markets. Others are general markets selling everything. In a general market, each stall ususally offers a specific type of food, such as grains, vegetables, fruits, fish, or meat.

Street Vendors

These usually are women and children who work the streets selling mostly cooked foods and fresh fruits. The food is carried in containers on their heads and is often screened to keep out flies. Sometimes these vendors go from house to house.

Small Shops and Booths

Sometimes called kiosks, these provide food to consumers throughout Africa, and can be found in the form of roadside stands, a table set up in front of a home, or a small booth with a thatched or corrugated tin roof. In countries like Ghana, Nigeria, and Sierra Leone, some of these small shops and booths provide cooked food as well as canned goods, staples, fresh fruit, fish, meat, milk, and eggs. Names on some of these kiosks are interesting. For example, in French-speaking Benin or Ivory Coast, the palm-thatched booth of a bread-seller might bear a sign reading "Boulangerie Parisienne" ("Paris Bakery").

Supermarkets

Stocked with canned, frozen, or fresh foreign and local food, these are spreading rapidly throughout African cities and big towns. An increasing number of families shop in these supermarkets.

Who Prepares the Food?

Women traditionally have had the major role in food preparation and cooking, with children also helping with some of the preparation tasks and with cleaning up. Most of the women who contributed recipes to this book say they learned to cook from their mothers or grandmothers.

Quite a few of the contributors also report that today men in their families—fathers, brothers, and husbands—help with at least part of the food preparation, either in shopping, cooking, or cleaning up. Some men were described as "excellent cooks." While the women who contributed to this book could not be considered typical, because of their considerable exposure to western education and their experiences abroad, it is true that sex roles are changing in Africa as they are everywhere. This is due not only to the worldwide

women's movement (different in Africa, in many respects) but also to changing work patterns for both men and women brought on by industrialization and changes in family structures in Africa.

What Kind of Equipment and Utensils Are Used in Cooking?

As suggested by the illustration on the cover and the popular "three stones" riddle, an earthenware pot set on three stones over an open fire is a very common method of cooking all over the continent, so much so that the three stones have come to symbolize the home in many places.

Whether the cooking is done outside over an open fire or indoors, there is usually a separate place or building for the kitchen, even in modern homes. Wood fires and charcoal pots are most common but, especially in cities and larger towns, there are stoves using wood, oil, or electricity for fuel. Some homes have electric refrigerators.

Traditional cooking utensils include earthenware pots and jars of various sizes, iron pots made by local blacksmiths, large wooden mortars and pounding sticks for pounding flour, smaller mortars and pestles for crushing spices and grains, grinding stones, wooden sieves and sifting baskets, and all kinds of wooden spoons, knives, and chopping instruments. A few illustrations of some of these are given here, but there are, of course, many other kinds of African-made cooking utensils.

Nowadays mass-produced, machine-made kitchen utensils made of tin, enamel, aluminum, and plastic are becoming common in Africa. These utensils are sold in open-air markets as well as stores and have forced some of the traditional potters and blacksmiths to go out of business.

Most of the western-educated Africans have adapted use of individual dishes and cutlery for dining. However, there are still some foods (for example, *Injera*, see p. 38, and *Bidia bia Kasai*, see p. 36) that are better suited to the traditional method of using the hands for eating and sharing a common bowl.

How is Food Preserved and Stored?

With the increasing availability of electricity and refrigerators, especially in the cities, Africans who can afford it preserve perishable foods in home or community freezers. The vast majority of people, however, still use the traditional methods of drying in the sun or smoking. There is also some home and commercial canning.

Canning and processing of foods for foreign export is still at the beginning stages in most African countries, with the notable exception of South Africa. Cocoa, coffee, and tea have long been major exports of a number of African countries but only in their raw state; until recently, processing and packaging for food markets were done almost entirely abroad. Foreign interest in other African foods has grown since some countries, Ghana and Liberia in particular, began exporting processed products like palm oil, *gari*, and

cassava flour. See "Sources of African Foods in the U.S.A." (p. 60) for information on sources for African foods.

Conclusion

The African connection to American cooking has been noted by many people, especially those familiar with "soul food" and with southern cooking which uses black-eyed peas, okra, greens, rich stews with mixtures of meat and fish, and high seasoning. Gumbo, a stew using okra, is derived from an African word for okra.

This book is intended to strengthen the connection. Whether the cooking is done in a pot over three stones or in a modern equipped kitchen, Africans consider the preparation and sharing of food not just a necessity for survival but an important social event. This is expressed in the Swahili proverb, *Ukitaka umjua mtu kula nae,* which means, "If you want to know someone, share a meal with him/her."

We hope by reading this book and, better still, by trying out and sharing some of our recipes, you will come to know Africans better!

PART II
RECIPES

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SOUPS/STEWS
(See also Chicken, Meats)

BEAN STEW (Nigeria)
Black-eyed Peas with Palm Oil and Fish/Meat

Serves 6

2-1/2 cups dried black-eyed beans (peas)

6 cups water

2-1/2 Tbs. palm oil

1 medium onion, chopped

1 Tbs. ground dried shrimp

1 medium size dried fish (or 1 lb. of beef or chicken, cut in small pieces)

Salt, to taste

1/2 tsp. ground red pepper (optional)

Two hours before cooking, wash and soak the beans (peas) in clean water in a four-quart cooking pot. Place the cooking pot on the fire and bring the peas to boil. After 30 minutes, reduce the heat and add all other ingredients. Cover and simmer for about 1-1/2 to 2 hours. Stir occasionally without mashing and continue simmering until beans and meat are quite tender. Add salt and pepper to taste. Bean stew is ready when all the ingredients blend into each other.

Serve with *Agidi* (cornstarch porridge, see p. 55) or with white boiled rice.

- RACHEL NKAJIMEJE

EGUSI SOUP (Nigeria)
Stew with Melon Seeds, Vegetables, and Meat/Fish

Serves 5-6

2 cups *egusi* (crushed almonds or pumpkin seeds can be substituted)

1 lb. collard greens or water cress, shredded finely (bitterleaf used in Nigeria)

5 Tbs. palm oil

Any or all of: fresh fish, cubed beef (about 1/2 lb.), shrimp (dried or fresh)

*Stockfish

1 or more medium onions, chopped

Salt and pepper, to taste

Hot pepper (optional)

*Since stockfish is very salty, either soak it beforehand or reduce the amount of salt in the recipe.

Boil the beef, stockfish, and fish in water to cover until tender. Blend the *egusi* into some of the soup liquid and then add it to the soup, along with the other ingredients: palm oil, ground shrimp, onions, salt and pepper, and finally the greens. Cook for another 10 to 15 minutes (until onions and greens are done) and serve.

- LOVE IRONDI

GROUNDNUT SOUP (West Africa)
Peanut Butter Soup/Stew

Serves 6

1 3 to 4 lb. chicken (or 1-1/2 lbs. beef or lamb)

1 to 1-1/2 cups creamy peanut butter

1 large onion

2 large ripe tomatoes

1 or 2 hot peppers and/or 1 bell pepper

Salt, to taste

Seasoning (1/2 tsp. of seasoning salt)

Water

Mix the peanut butter with 3 pints of cold water in a pot. Boil it until the liquid is reduced to about a third of the original volume. If chicken is used, disjoint the chicken, rub the parts with seasoning salt, and boil for 10 minutes with 1-1/2 cups of water in a separate pot.

Grind the onion, peppers, and tomatoes together and add to the chicken. Add the boiled peanut butter and salt to taste. Allow to boil for fifteen minutes more, depending on the toughness of chicken. For tough chickens increase

the water and cook until tender. Serve with rice.

If beef or lamb is used, cut it into small cubes and follow the same procedure as for the chicken, but with longer cooking. For example, at the first boiling (before mixing with other ingredients) the meat should cook 15 to 20 minutes; after adding other ingredients, let the meat mixture boil moderately about 20 minutes, then reduce the heat and simmer another 45 minutes, or until meat is very tender.

- REBECCA DYASI

HUNDI (Sierra Leone)
Greens with Fish/Beef

Serves 4-6

3 handfuls (6 to 8 cups) of *hundi* (substitute spinach or other greens), shredded finely

3 cups cooking oil

1 medium fish, cut up

1 lb. stewing beef, in cubes

green peppers (1 to 3, depending on size; if you use hot green peppers, such as jalapeno, do not use red hot peppers)

1 medium egg plant, peeled and cut in small pieces

2 to 3 fresh tomatoes

Any or all of:
1/2 tsp. sage
1/2 tsp. thyme
1/2 tsp. basil

1 tsp. red hot pepper

1 medium onion, chopped

Seasoning salt, Accent, Maggi

Marinate the fish and beef with regular seasoning salt, Accent, or Maggi for 30 minutes or more.

Cook the beef in a pot with water to cover until tender (45 minutes or more). Save the broth. Then fry the fish in the cooking oil, saving the oil.

Blend the onion and green pepper.

Heat the cooking oil again and fry the beef until it is brown. Add the egg plant and blended green pepper and onion and continue cooking, covered, for five minutes.

Then add the fried fish, tomatoes, spices (sage, thyme, etc.), hot pepper, and beef broth and cook until the liquid has been reduced considerably. Stir occasionally. Finally add the greens and cook for 15 minutes. Serve with rice.

- MATILDA SIMBO

PEANUT SOUP (Zaire)

Serves 6-8

2 Tbs. butter or margarine
3 Tbs. flour
2 pints (4 cups) chicken stock
1 cup toasted peanuts, crushed
2 Tbs. lemon or lime juice
1/2 tsp. salt
1/4 tsp. black pepper
Hot pepper, to taste (optional)
3 Tbs. heavy cream (or sour cream)
Lemon or lime slices
Parsley sprigs

Melt the margarine or butter in a heavy saucepan over moderate heat. Add the flour gradually, stirring constantly to avoid burning or sticking. Gradually add chicken stock, continuing to stir and blend with the flour mixture. Stir in the crushed peanuts, lemon or lime juice, salt and pepper, and bring the whole to a boil.

When the soup is well blended and has the consistency of a heavy cream, remove it from the heat and serve in bowls garnished with lemon or lime slices, a sprig of parsley, and a drop (1/2 to 1/3 tsp.) of heavy cream or sour cream. Serve hot or cold.

- LOUISE CRANE

PLANTAIN (YAM) STEW (Nigeria)

Serves 4-5

*3 unripe plantains
Salt, to taste
1 to 2 green peppers, chopped
1 medium onion, chopped
2 Tbs. palm oil (more if desired)
1 lb. fresh or dried fish
1 Tbs. ground shrimp
1 lb. fresh or frozen spinach, shredded
2 cups water

*Yam stew can be made the same way, using yams instead of plantains.

Peel the plantains and cut into two-inch squares or circles. Place in a four-quart pot, add water, and bring to boil for 10 minutes. Add all ingredients except spinach, cover, reduce heat and simmer for 30 minutes. Stir and add spinach. Add salt to taste. The stew is ready when the plantain pieces are tender. Serve hot.

- RACHEL NKAJIMEJE

UGU SAUCE (Nigeria)
Vegetables, Fish, and Meat

Serves 5-6

1/2 lb. fresh whole okra

1 lb. fresh *ugu* (or spinach), finely chopped

1/2 lb. smoked or dried fish

1/4 lb. dried shrimp (or crayfish)

1/2 lb. snails

1/2 lb. beef, in cubes

1 medium onion, chopped

4 Tbs. palm oil

Salt and pepper, to taste

Cut the okra into small pieces. Pick through and wash the greens (*ugu* or spinach) and shred into small pieces.

Boil the beef in water to cover until tender. Add smoked fish and snails and cook until they are done. Finally, add okra, shrimps, greens, and salt and pepper to taste. The fresh palm oil can be added either while cooking or at the end, just before serving.

Serve with rice or yams.

- LOVE IRONDI

FISH

FRIED FISH (Tanzania)

Serves 4-5

2 lbs. fresh fish (cleaned, sliced at a slant on the sides)

1 Tbs. salt

2 fresh hot peppers (jalapeno or fresh chillies), chopped

1/2 cup vegetable oil

Crush together the chopped peppers and salt and sprinkle on the fish. Pour the oil in a frying pan over medium high heat. When the oil is hot (not smoking), add the fish and let it fry until it is brown. Turn the fish to the other side and fry it until it also is brown. This preparation takes about 20 to 30 minutes.

Drain the fish and serve on a warm plate.

- EMILY BAVU

FRIED FISH IN TOMATO SAUCE (Tanzania)

Serves 4-5

1 lb. fresh fish

1/2 cup vegetable oil

1 small chopped onion

2 large tomatoes, sliced

2 hot green peppers (jalapeno), chopped

1/2 tsp. curry powder

2 Tbs. lemon or lime juice

Salt and pepper, to taste

Fry the fish as in the preceding recipe, *Fried Fish*. Put the fish aside on a plate.

Strain the frying oil through a sieve to get rid of unwanted bits. Pour the

oil into the frying pan again and place it over the heat. When it is warm, fry the onion. Then add tomatoes, peppers, and curry powder. Continue frying. When vegetables are tender and blended in with spices, add the lemon juice, salt, and pepper and stir. Pour the spice mixture over the fried fish and serve.

- EMILY BAVU

*THIOU AU POISSON** (Senegal, Gambia)
Senegambian Fish Stew

Serves 4-5

2 lbs. fish (trout, perch, red snapper, mullet--whole fish suggested)
1 tsp. seasoned or plain salt
2 tsp. black pepper
2 tsp. vinegar
2 tsp. lime or lemon juice
2 bouillon cubes (chicken, beef, or Maggi), crushed
2 cups oil
2 large onions, chopped
1 large garlic clove, chopped
1 small green pepper, chopped
1 large tomato, chopped
3 tsp. tomato paste
1/4 tsp. red hot pepper
1/4 tsp. thyme
Salt, to taste
Water

Trim the fish and remove heads. Make a diagonal slit on either side of each fish. Marinate fish 1 hour in a mixture of the seasoned salt, 1 tsp. of the black pepper, vinegar, lime or lemon juice, and the crushed bouillon cubes.

After an hour remove the fish from the marinade, reserve the marinade and fry the fish in the oil on both sides until it is brown. Set aside.

Transfer 1/2 cup of the oil from the frying pan to a large skillet. Saute the onions, garlic, and green peppers in the skillet until golden brown. Add the tomatoes and tomato paste, stirring continuously.

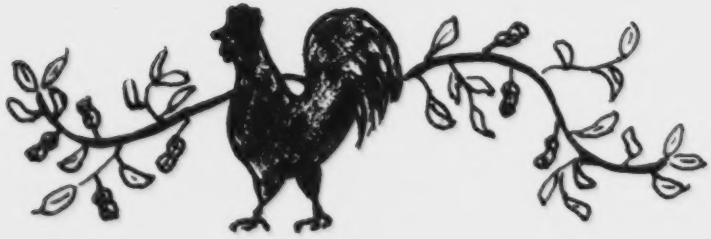
Season with the remaining teaspoon of black pepper, the red hot pepper, thyme, and salt. Add the marinade from the fish and 1 cup of water. Keep stirring.

Place the fried fish in the skillet on top of the vegetables. Cover and simmer slowly for 5 to 10 minutes over low heat. Correct seasoning and serve with cooked rice or mixed vegetables or both.

*_Thiou_ is a phonetic deformation of the word stew in the Wolof language of Senegal; _poisson_ is the French word for fish.

- ANNA WILLIAMS

CHICKEN
(See also Soups/Stews)



CHICKEN PILAU (Tanzania)
Chicken with Rice

Serves 4-5

2-1/2 lb. chicken, cut up
4+ cups hot water
1-1/2 tsp. salt (or more)
3 garlic cloves
1/2 tsp. curry powder
6 Tbs. chopped onion
1 Tbs. powdered cumin
1 Tbs. caraway seeds
1 Tbs. freshly ground black pepper
1 Tbs. cloves (optional)
2 one-inch cinnamon sticks
2 cups rice
3 small potatoes, peeled and quartered
6 Tbs. oil

Clean the chicken pieces and place them in a saucepan with as little water as possible, adding 1/2 tsp. of the salt. Cook on medium heat until done (30-35 minutes) and set aside. Drain off the liquid from the chicken and add enough water to make 4 cups; this will be used to cook the rice.

Crush the garlic with curry powder. Pour the oil into a large heavy-bottomed sauce pan and heat at medium temperature. Fry the garlic (mixed with curry powder) until light brown, then add chopped onion. Continue frying, while adding the cumin, caraway seeds, and pepper. Heat and pour in the 4 cups of water (including the liquid from the chicken), add cloves, cinnamon sticks, and the rest of the salt (1 tsp.) and bring to a boil. Add the rice and stir once. Boil for about 7 minutes and then add the sliced potatoes. Reduce the heat and simmer slowly. When the rice is nearly dry, add the raisins. Stir the rice two or three times, add more salt if necessary, add the chicken, and bake in a preheated oven at 325°F for 30 minutes.

- EMILY BAVU

CHICKEN STEW (Tanzania)

Serves 4-6

2-1/2 lb. chicken

3 Tbs. lemon juice

1/2 to 1 tsp. salt

4 cups water

3 garlic cloves, crushed in 1/2 tsp. curry powder

3 Tbs. vegetable oil

1 medium onion, chopped

1 large tomato, sliced

1 large potato, peeled and sliced in cubes

2 hot green peppers, chopped

Cut the chicken in large pieces and place in a heavy saucepan. Add salt and lemon juice. Cover the pan and cook at medium temperature, stirring occasionally, until the meat is almost dry. Add 2 cups of water and cook slowly until the water has been absorbed. Remove the chicken and set aside.

Pour oil into the same saucepan and heat. Add the garlic, crushed with curry powder, and fry for about 1 minute; then add the chopped onion and continue frying until soft. Add the tomato and cook for about 3 minutes before adding the chicken. Finally, add the rest of the water, potatoes, and pepper. Simmer 45 to 50 minutes until all ingredients are tender and the broth is reduced and slightly thickened.

Serve with rice, *Chapati* (p. 37), or cooked plantains.

- EMILY BAVU

DORO WAT (Ethiopia)
Chicken in Hot Sauce

Traditionally served with *Injera* (p. 38); may substitute Arab pita bread or rice.

Serves 6-8

3 to 4 lb. chicken, cut in small serving pieces

3 Tbs. lemon juice

2-1/2 tsp. salt

1/4 cup *Niter Kebbeh* (p. 49)

2 cups chopped onion

1-1/2 tsp. minced garlic

1 tsp. grated fresh ginger

1/4 tsp. fenugreek seeds (pulverized)

1/3 tsp. cardamon (ground or crushed)

1/4 tsp. ground nutmeg

1/4 cup *Berbere* (p. 49)

2 Tbs. paprika

1/3 cup dry white or red wine

3/4 cup water

6 hard boiled eggs

Freshly ground black pepper

Rub the chicken pieces with lemon juice and salt and let stand at room temperature for 30 minutes.

In a large (3 to 4 quart) heavy and well-seasoned or nonstick (ungreased) saucepan, cook the onions over moderate heat about 5 minutes, until they are soft, constantly stirring to prevent burning.

Add the *Niter Kebbeh* when hot, add and stir in, one at a time, the garlic, ginger, fenugreek, cardamon, and nutmeg. Then add *Berberé* and paprika and stir over low heat for 2 to 3 minutes. Add the wine and water, continuously stirring, and bring to a boil over high heat. Boil uncovered until the liquid has been reduced and slightly thickened, about 5 minutes.

Dry the chicken pieces and drop them into the sauce, coating them on all sides. Reduce the heat, cover tightly, and simmer slowly for 15 to 20 minutes.

Shell the hard-cooked eggs and pierce them all over with a fork. Add the eggs to the chicken mixture, turning them carefully in the sauce. Cover and cook 15 to 20 minutes until chicken is tender. Sprinkle with black pepper before serving with *Injera* or other substitutes suggested above.

- LORRAINE CRUMMEY

MAFFE (Senegal)
Chicken (or Beef) and Sweet Potato Stew

Serves 6-8

*2 to 2-1/2 lb. chicken, cut in pieces (or 2 to 2-1/4 lbs. beef, cut in cubes)
1 large onion, finely chopped
1 can (6 oz.) tomato puree
4 to 6 Tbs. oil
1 bay leaf
1/4 tsp. thyme
1 tsp. red hot pepper
1 tsp. salt
3 medium size carrots, scraped and cut in pieces
1 small cabbage, chopped in coarse chunks
2 large tomatoes, chopped
5 sweet potatoes, peeled and cut in medium size chunks
7 Tbs. peanut butter (or more)

*This dish can be made with either chicken or beef. For the beef version, simply substitute beef in the quantity indicated and follow the same procedure until the meat is tender, possibly a few minutes longer cooking.

Saute the onion and chicken (beef) in oil. Add the tomato puree, bay leaf, thyme, salt, pepper, and enough water to just cover the meat. Bring to a boil.

Add the carrots, cabbage, tomatoes, and sweet potatoes. When they are cooked, remove all ingredients and prepare the sauce.

A little over an hour before dinner, dilute the peanut butter in some of the stew liquid and then mix in with the rest of the liquid. Let the sauce simmer one hour. Return the chicken and vegetables to the sauce, heat, and serve with rice.

- SEVERINE ARLABOSSE

NSOLO KASAI (Zaire)
Chicken in Palm Oil

To be served with *Bidia bia Kasai* (p. 36)

Serves 6-8

3 to 4 lb. chicken, cut up
1/3 cup palm oil
1 medium onion, chopped
3 or 4 tomatoes, cut up
1 tsp. tomato paste
1/2 tsp. hot red pepper, or to taste
1 green pepper, chopped (optional)
1/2 cup crunchy peanut butter (optional)
2 tsp. salt
2 cups water
1 to 2 Tbs. flour (optional)

Pour the palm oil into a large (3 to 4 quart) heavy saucepan and heat at low temperature until it smokes and turns into a golden liquid. Then brown the chicken in the oil and remove. Fry the onion in the oil until soft and then add the tomatoes, tomato paste, red pepper, and green pepper (if used). If peanut butter is used, it should be mixed with the tomato paste and added along with the vegetables at this point. Cook until well blended and forming a thick sauce.

Return the chicken to the pot along with the water and salt. Simmer on low heat until tender, 20 to 30 minutes. The sauce may be thickened with a little flour (1 to 2 Tbs.) if desired.

- RACHEL TSHIWALA

PEPPER CHICKEN (Sierra Leone)

Serves 6-8

2 chickens, 2-1/2 to 3 lbs. cut up
Juice of 2 limes
1 large onion, chopped
2 Tbs. tomato paste
2/3 cup peanut butter (creamy)
1/2 tsp. seasoning salt
1/2 tsp. salt
2 tsp. red hot pepper
1/2 tsp. fresh ginger, chopped (optional)

Cut the chicken into serving pieces, add seasoning salt, and salt. Pour the lime juice over the chicken, mix thoroughly, and let stand for 20 to 30 minutes.

Mix onion, tomato paste, peanut butter, red pepper, and ginger (if used) and coat the chicken pieces with the mixture. Preheat over 350° and bake for 1 hour and 15 minutes. Chicken can also be grilled.

- RAY CAREW AKO

POULET YASSA (Senegal/Gambia)
Chicken Marinated in Lime Juice

Serves 5-6

1 chicken, 3 to 3-1/2 lbs., cut up

Juice of 4 limes (or 2 or 3 lemons)

1/4 cup vinegar (cider or other mild-flavored type)

4 large onions, sliced evenly lengthwise

3 garlic cloves, chopped

1/4 tsp. black pepper

1/2 tsp. or more red (hot) pepper, ground

Seasoning salt, to taste

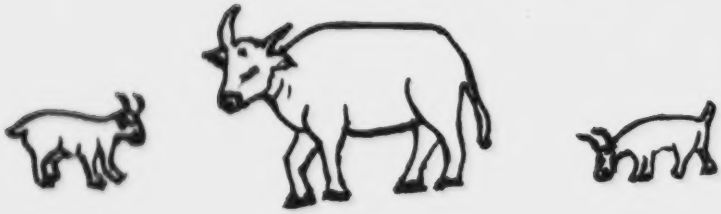
6 Tbs. oil

Cut up the chicken in small pieces. Combine the lime juice, vinegar, onions, garlic, black pepper, red pepper, seasoning salt, and 1 Tbs. of the oil. Cover the chicken with this marinade and leave overnight or at least 12 hours. Remove the chicken, drain it of marinade, and place the pieces on a grill. Broil in a medium oven (350° or more) until the pieces are brown; turn the chicken occasionally. Meanwhile strain the onion and any other solid pieces from the marinade, reserving the liquid.

In a deep frying pan pour in the remaining 5 Tbs. of oil and heat. Add the onions and saute until light brown. Put in the chicken pieces and the marinade liquid, and simmer all slowly for 10 to 15 minutes. Serve with rice.

- ANNA WILLIAMS

MEAT



BEEF STEW (Tanzania)

Serves 4-5

1 lb. lean beef, cut into one-inch cubes
1 tsp. salt
2 Tbs. lemon juice
4 Tbs. vegetable oil
1-1/2 to 2 cups water
2 garlic cloves, crushed with 1/2 tsp. curry powder
1 small onion, chopped
1 large tomato, sliced
1 large potato, peeled and sliced
1 small eggplant, peeled and sliced

Put the meat in a heavy saucepan, add salt and lemon juice. Cook the meat in 2 Tbs. of the oil on a warm temperature until light brown in color. Pour in 1 cup of the water, cover, and simmer until the water is absorbed.

Remove the meat and set aside. Pour the rest of the oil into the same saucepan and heat; add the garlic, crushed with curry powder, and fry to a light golden brown. Then add the chopped onion and continue frying for a minute or so before adding the tomato. When the vegetables are soft and well-blended (2 to 3 minutes), add the meat and sliced potatoes and continue frying for about 2 minutes. Pour in the rest of the water (to just cover the ingredients) and let boil for 10 minutes. Finally, add the sliced eggplant and cook slowly until liquid is reduced and slightly thickened, 40 to 50 minutes.

Serve with rice, *Chapati* (p. 37), or plantains.

- EMILY BAVU

BEEF WAT (Ethiopia)
Beef in Hot Sauce (Caution: Very Hot)

Traditionally served with *Injera* (p. 38); may substitute Arab pita bread or rice.

Serves 10-12

1/3 cup + 1 Tbs. *Niter Kebbeh* (p. 49)

2 cups chopped onion

2 tsp. minced garlic

1 tsp. fresh ginger, grated

1/4 tsp. fenugreek seed (pulverized)

1/4 tsp. ground cloves

1/4 tsp. ground allspice

1/4 tsp. ground nutmeg

1/4 cup *Berberé* (p. 49)

2 Tbs. paprika

1/2 cup water

2/3 cup red wine

2 tsp. salt

3 Tbs. tomato paste

3 lbs. boneless beef (chuck, cut in cubes)

Freshly ground black pepper

In a heavy pot, preferably a well-seasoned iron one, cook the onions in 1 Tbs. of the *Niter Kebbeh* over moderate heat, stirring to prevent sticking, 5 to 6 minutes.

Add the rest of the *Niter Kebbeh* (1/3 cup). When it is hot, add the garlic, ginger, fenugreek, cloves, allspice, and nutmeg and stir well. Then add *Berberé* and paprika, stirring again. Add wine, water, tomato paste, and salt and bring to a boil. Add the beef cubes and stir. Reduce heat to low, cover and simmer 1 to 1-1/2 hours. Sprinkle with black pepper before serving with *Injera* (p. 38) or other substitutes suggested above.

– LORRAINE CRUMMEY

BIRYANI (South Africa)
Meat with Rice and Lentils

Serves 5-6

1 lb. beef cut in two-inch pieces (lamb or chicken, quartered, can be substituted)

1/2 cup yogurt

1 large onion, sliced thinly

1 stick butter (8 Tbs.)

1-1/2 cups rice

1/2 cup lentils

Water

Spices:

1 tsp. ground red pepper
1 tsp. turmeric powder
1 tsp. salt, to taste
3/4 tsp. cumin powder
3/4 tsp. coriander powder
1 tsp. garlic powder (or 2 cloves garlic, chopped)
1 to 1-1/2 tsp. chopped fresh ginger
1/2 tsp. saffron

Garnish:

2 Tbs. raisins
2 Tbs. almonds/cashews
2 Tbs. slivered coconut
Parsley or green coriander leaves
3 hard boiled eggs (optional)

Combine the meat with all the spices (listed in order above) and the yogurt and leave to marinate for 2 to 3 hours.

Fry the onion in a large saucepan (3 to 4 quarts) with a half stick of the butter (4 Tbs.). Remove half of the fried onions and reserve for garnish. Add the marinated meat mixture and simmer until the liquid is reduced. Remove and set aside.

Parboil the rice and lentils separately (in water to cover).

In the saucepan used to simmer the meat mixture begin layering the ingredients, alternating with first a layer of rice, then some of the meat mixture, more rice to cover lightly, then some lentils, and then meat mixture again. Continue to layer in this order until all ingredients have been used. Melt the remaining butter (4 Tbs.) and pour it over the top of the mixture. Line a tight fitting lid to the pot with paper towels (to catch moisture) and allow to cook slowly on very low heat for 1 hour.

Just before serving, fry the nuts, coconut, and raisins in a little butter until golden brown. Serve the *Biryani* on a platter, garnished with the nuts and raisin mixture, onion, green coriander, or parsley. Halves of boiled eggs may also be used as garnish.

- FARIDA CASSIMJEE

GROUNDNUT STEW (West Africa)
Beef in Peanut Sauce

Serves 5-6

1/4 cup oil
1 lb. stewing beef, cut up
1 cup water
1/4 cup peanut butter
1 can tomatoes
1 sliced onion
1/4-1/2 lb. spinach, shredded
Salt and pepper, to taste
1/2 tsp. hot crushed red pepper
1/4 tsp. thyme (optional)
1/2 tsp. marjoram (optional)
1 or 2 Tbs. cornstarch (optional)

Brown the pieces of meat in hot oil, add the water and simmer covered for 45 minutes. Add the spinach (a package of frozen greens can be substituted), and remaining ingredients and cook another 45 minutes. Thicken with cornstarch if necessary.

- EDNA BAY

KITFO (Ethiopia)
Spiced Beef

Serves 12 as a first course or 6 as a main dish.

1/4 cup *Niter Kebbeh* (p. 49)
1/2 cup onions, finely chopped
3 Tbs. green peppers, chopped
2 Tbs. hot chillies, chopped
1/2 tsp. finely chopped garlic
1 tsp. fresh ginger, chopped
1/2 tsp. cardamon seeds, pulverized
1 Tbs. fresh lemon juice
2 tsp. *Berberé* (p. 49)
2 tsp. salt
2 lbs. lean beef steak (top round), coarsely ground
12 medium size Italian frying peppers (optional)

In a heavy skillet (8 to 10 inches), melt the *Niter Kebbeh* (p. 49) over low heat. As soon as the *Niter Kebbeh* is warm, add the finely chopped onions, green peppers, chillies, ginger, garlic, and cardamon. Stir for 1 or 2 minutes until the ingredients are heated through and the butter begins to sputter. Scrape the mixture into a deep bowl and then set it aside for about 15 minutes to cool. Stir in the lemon juice, *Berberé*, and salt. Add the beef and toss the ingredients together thoroughly. Taste for seasoning.

Kitfo can be served either raw or cooked. To serve it raw, shape the meat into a mound and serve it with pita (Arab style flat bread) or with one of the Ethiopian breads, *Injera* (p. 38) or spice bread. *Kitfo* can also be stuffed

into raw Italian frying peppers.

To cook *kitfo*, shape the meat into round balls and brown lightly in an ungreased skillet.

Kitfo is a delicacy prepared on special occasions. It is usually accompanied by good liquor (for example, Ethiopian *tej*) and hence it is usually served when one is relaxing on evenings or weekends.

- TESERACH KETEMA

MAFFEE WITH BEEF (Senegal)
See *Maffe*, p. 16.

STEAK WITH COCONUT (Nigeria/Lesotho)

Serves 6

3 lbs. tender beef, cut into 1/2-inch strips
1 coconut
1/2 cup oil
1 cup chopped onion
2 tsp. salt
1 tsp. black pepper
1 tsp. garlic powder
1/2 tsp. hot red pepper (optional)
3 green peppers, cut into 1/2-inch strips
2 Tbs. soy sauce
2 beef bouillon cubes
2 Tbs. cornstarch
1/4 cup cooking wine

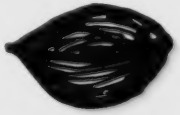
Remove the coconut shell, reserving the liquid, and extract the meat as suggested on pp. 55-56. Cut the coconut meat into 1/2-inch strips.

In a deep skillet (8 to 10 inches) heat the oil and fry the onions until soft. Add salt, black pepper, garlic, and red pepper. Add the strips of steak and saute for 3 minutes. Then add the coconut strips and saute for 2 minutes. Finally, add the pepper and cook for 2 minutes.

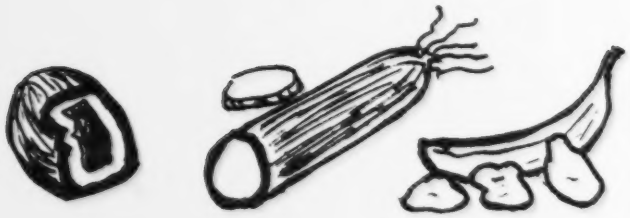
In a separate pot pour in the coconut liquid mixed with enough water to make 1-1/2 cups and bring to a boil. Then add the soy sauce, followed by the bouillon cubes, and stir until dissolved. Dissolve the cornstarch in the wine and add to the sauce. Stir the sauce over low heat until it is thickened.

Pour the sauce over the meat mixture and serve with boiled rice (3 cups).

- MAY MOTEANE



RICE/STAPLE DISHES



COCONUT RICE (Tanzania)

Serves 3-4

1 cup rice

2 cups coconut milk (p. 55)

1/2 tsp. salt

1/2 tsp. green cardamon seeds, crushed

Soak the rice for 5 minutes and drain. Pour the coconut milk (prepared according to instructions on p. 55) and salt in a baking dish and place over moderately high heat. When the coconut milk is nearly boiling, add the cardamon and rice and stir. Let boil for 7 minutes, stirring occasionally. Then cover the dish and bake for 30 minutes in an oven at 325°F.

Serve with beef, chicken, or fish stew.

- EMILY BAVU

JOLLOF RICE (West Africa)
(This dish can be prepared with any or all of the meats suggested)

Serves 8 or more

1 lb. of rice

1 lb. stewing beef, cut up

2-1/2 to 3 lb. chicken, cut up

1/4 lb. smoked pork (or ham), cut in small pieces

1-1/2+ cups oil

Accent

1 tsp. dried basil

2 large green or red bell peppers

2 large onions

2 large tomatoes

2 tins tomato paste (6 oz.)

Salt, to taste

To prepare the rice:

In a medium size pot, pour the water for the rice (2 cups of water per 1 cup

of rice) and add 1 pepper, 1 onion, and 1 tomato, all finely chopped. Then add 1 of the tins of tomato paste, basil, salt, and 1 cup of oil. Bring to a boil and stir. Cover the pot with a tight fitting lid, reduce the heat, and cook until the rice is tender, about 15 minutes.

To prepare the stew:

In a large bowl add seasoning (salt, Accent, basil) to the meat (chicken, beef, pork, or whatever is used). In a large skillet (8 to 10 inches), heat about a 1/2 cup of oil and fry the meat, removing it when it is done. Fry the rest of the vegetables (onion, pepper, and tomato), finely chopped, until soft, about 5 minutes. Then return the meat to the skillet. Add the remaining tin of tomato paste and 1/2 cup of water. Allow to simmer on low heat for 5 minutes.

Serve the rice and stew in separate dishes.

This recipe, popular in Sierra Leone and Senegal, is the original version of *Jollof* rice, which got its name from the Wolof people of Senegal and Gambia. In another version, *One Pot Jollof Rice*, the rice and stew are cooked/mixed together beforehand and served as one dish.

- IRENE OLA SESAY

RICE AND BLACK-EYED PEAS (Nigeria)

Serves 6

1-1/2 cups dried black-eyed peas
2 cups rice
3/4 cups cooking oil
7 to 8 cups water
1 tsp. salt

Wash and cook the peas in water until they are soft. There should be a reddish tinge to the color of the peas when done.

Wash and add the rice, oil, and salt. Reduce the heat and cook, stirring occasionally, until the rice is soft.

Serve with stew as a main dish.

- CAROL NDULUE

COUSCOUS (North Africa, Some West African Countries)
Steamed Wheat/Millet Grains With Vegetables
(West African version)

Serves 6

1 lb. *Couscous* (pre-cooked variety, see p. 56)
1 medium onion, chopped
2 red hot peppers (optional) or
2 large bell peppers, chopped
2 large tomatoes, chopped
1 tsp. salt, or to taste
1 tsp. tomato paste
3 Tbs. oil
1/4 tsp. thyme
1/4 cup chopped green onions
2 cups water
1/4 to 1/2 cup cooked green peas (optional)

Blend together onion, peppers, and fresh tomatoes. Heat the oil in a large saucepan, and add the vegetable mixture, salt, and tomato paste. Let the ingredients cook for 10 minutes, stirring occasionally to prevent burning. Then add thyme, green onions, water, and *Couscous*. Stir the mixture and cover the pot with a well-fitting lid. Reduce the heat and cook for 40 to 45 minutes.

Serve the *Couscous* garnished with green peas, if you like, accompanying chicken or beef stew.

- REBECCA DYASI

FUTARI (Tanzania)
Pumpkin and Sweet Potatoes With Coconut/Peanut Butter

Serves 6-8

1 lb. pumpkin (or butternut or acorn squash)
1 lb. sweet potatoes
1 medium onion, chopped
Juice of half a lemon
1 Tbs. sugar
1 tsp. salt
2 to 3 cups coconut milk (p. 55) or
3 Tbs. peanut butter diluted in 2 to 3 cups water
Cinnamon

Peel the pumpkin (or squash) and sweet potatoes, and cut into small bite size chunks. Place them in a heavy bottomed deep saucepan, and add the chopped onion. Sprinkle the vegetables with lemon juice; add sugar and salt and pour in the coconut milk (or peanut butter diluted in water). Place the pot on medium high heat and let it boil for 20 to 30 minutes. Sprinkle with cinnamon and turn carefully, making sure not to break the potatoes and pumpkin

pieces. Cover and allow to simmer for 10 minutes.

This dish is common in East Africa. Children love it with milk for breakfast or lunch. People observing *Ramadan*, the month of fasting in the Muslim calendar, take a version of this as an appetizer at the break of the fast.

- MARGARET FIVAWO

POTATO (YAM) AND GREENS (Nigeria)

Serves 6

8 to 10 medium potatoes (or yams, if available)

2 lbs. leafy greens (preferably spinach), finely chopped

2 okra pods, trimmed

1/4 cup oil (preferably palm oil)

1 large onion, finely chopped

1 large red bell pepper, finely chopped

Salt, to taste

Pepper, to taste

Water

Peel the potatoes or yams and cut into quarters. Boil the potatoes (yams) and okra in lightly salted water until soft. Drain the water and set aside to cool.

In a large skillet (8 to 10 inches) stir fry (or boil with a very little water) the spinach, onion, pepper, salt, and 1/4 cup of oil. Mash the boiled okra and add to the mixture.

Pour the spinach mixture over the potatoes (yams) and mix well.

This dish can be eaten alone as a main dish or with dried fish.

- CAROL NDULUE

PLANTAINS AND BLACK-EYED PEAS STEW (Nigeria)

Serves 5-6

2 cups black-eyed peas

1 to 2 Tbs. tomato paste, or to taste

*2 medium ripe plantains

1 large onion, chopped

1 tsp. salt

1/2 tsp. pepper

1/2 cup palm oil (or other cooking oil)

3/4 cup ground dried shrimp or 1 medium dried fish

7 to 8 cups water

*Fresh yam, corn or potatoes can be used in place of plantains.

Wash and cook peas and tomato paste until soft. (The amount of tomato paste is optional: enough to give the peas a pinkish color or the flavor desired). Peel and cut the plantains into 2/3-inch cubes and add to the peas. Add the remaining ingredients and cook about 25 minutes. Serve alone or with *gari* (p. 57).

- CAROL NDULUE

PLANTAINS IN COCONUT MILK (Tanzania)

Serves 4-5

6 ripe plantains, peeled and cut into two-inch cubes
1 small onion, sliced
1 small tomato, sliced
1/2 tsp. salt
1/2 tsp. curry powder
1 cup water
1 cup coconut milk (p. 55)

Put the plantains in a large heavy bottomed sauce pan. Add the sliced onion, sliced tomato, salt, and curry powder. Pour in the water and cook slowly on a low temperature. When the water is nearly absorbed, add the coconut milk and simmer until soft.

Serve with beef stew (p. 19), chicken stew (p. 15), fish stew, or fried fish in tomato sauce (p. 12).

- EMILY BAVU

RIPE FRIED PLANTAINS (Tanzania)

Serves 3-4

4 ripe plantains
1 cup vegetable oil
1/4 tsp. salt
3/4 cup milk or water
3 Tbs. all-purpose flour

Peel the plantains and cut crosswise in slices about a half-inch thick. Mix together the flour, salt, and milk (or water) and stir until blended and smooth. Add the plantain slices and coat them thoroughly with the batter.

Heat the oil at medium high temperature in a heavy skillet. When it is hot enough (see "Deep Frying" p. 54) drop in the plantain slices, a few at a time, and fry on both sides until golden brown.

Serve the plantains warm with tea.

- EMILY BAVU

YAM STEW (Nigeria)

Serves 6 as a main dish

Yams (enough for 6) or 12 medium potatoes

Water, enough to cover yams

1/2 cup palm oil or any other cooking oil

2 Tbs. tomato paste

1 large onion, finely chopped

*3/4 cup dried shrimp or crayfish, ground

Pepper, to taste

Salt, to taste

*Dried fish can be substituted for shrimp.

Peel and wash yams (or potatoes) and cut into 1-1/2 inch cubes. Put the pieces in boiling water and add the rest of the ingredients.

Boil over moderate heat until yams are sufficiently soft. As the yams boil, add more water (and seasoning), depending on the amount of liquid desired. Stir often if a thick soup is desired.

Yam stew should never be boiled dry. It is best with a lot of liquid to drink, It is more filling that way, too!

- CAROLE NDULUE

VEGETABLES

DELELE (Zambia)
Okra

Serves 4

1/2 lb. okra
1 medium-to-large tomato, chopped
1 medium-to-large onion, chopped
2 Tbs. soda
1 cup water
Salt, to taste

Trim the tops of the okra pods and slice into small pieces. Bring the water to a boil, add soda, and then add okra, tomato slices, and onion. Stir continuously with a spoon until it becomes slimy. Add salt to taste.

In Zambia this dish is eaten with *Nshima*, a thick mush of cornmeal.

- JUSTINA CHISHIMBA

FRIED CABBAGE (Tanzania)

Serves 6

2 lbs. green cabbage, chopped
6 Tbs. vegetable oil
1 small onion, chopped
1 large tomato, sliced
1/2 tsp. salt
1/2 tsp. curry powder
2 carrots, scraped and cut crosswise in rounds
1 green pepper, chopped
1/2 cup water

Heat the oil in a saucepan, add the onion, and fry. When lightly browned, add the tomatoes, salt, and curry powder and continue frying for 3 minutes. While continuing to fry, add the cabbage, carrots, and pepper. Finally, add the water and stir. Cover with a tight fitting lid and cook slowly over low heat until most of the liquid is absorbed, about 10 minutes.

- EMILY BAVU

MATANBA KASAI (Zaire)
Greens in Palm Oil

Serves 6. To be served with *Bidia bia Kasai* (p. 36)

1 lb. finely chopped spinach (or cassava leaves, if available)
1/2 cup palm oil
1 medium onion, chopped
1 or 2 tomatoes, chopped
1 green pepper, chopped (optional)
1/2 tsp. hot red pepper (or more, to taste)
1/2 tsp. salt, to taste
1 cup water

Place all the ingredients in a saucepan and cook for 10 to 15 minutes.

- RACHEL TSHIWALA

MBOGA YA KUNDE or *MCHICHA WA NAZI* (Tanzania)
Green Pea Leaves or African Spinach with Coconut

Serves 6

2 lbs. greens (spinach), chopped finely
1/2 cup water
1 medium onion, chopped
2 medium tomatoes, chopped
1 cup coconut milk (p. 55)
Salt, to taste
Freshly ground pepper
Juice of 1 lime

Wash and chop the greens, and put in a saucepan with salt and 1/2 cup water. Boil for 5 to 7 minutes.

Fry the onion until soft, add tomatoes, and cook for about 5 minutes longer. Mix in the greens, add coconut milk, and season with pepper and lime juice. Cover tightly and simmer for up to 5 minutes.

This can be served either hot or cold.

This dish is prepared in Tanzania with young leaves of green pea vines or with African spinach.

- MARGARET FIVAWO

MBOGA YA MABOGA NA BANIA (Tanzania)
Pumpkin Greens and Okra

Serves 6

2 lbs. young pumpkin leaves (or spinach), finely chopped
1/2 lb. fresh okra, diced
2 Tbs.+ oil
1 large onion, chopped
2 large tomatoes, chopped
5 oz. toasted pumpkin seeds, pulverized
Salt, to taste
Freshly ground black pepper

Cut the greens and okra and boil them together in a pot for 5 minutes. Drain off water.

In another pot, heat 2 Tbs. of oil and fry the chopped onions. When soft, add the chopped tomatoes, and cook about 5 minutes longer.

Add the cooked greens and okra and the pumpkin seed flour to the onions and tomatoes and mix thoroughly adding more oil if necessary. Add salt and pepper to taste and allow to cook on medium heat for up to 5 minutes.

- MARGARET FIVAWO

SPINACH WITH TOMATO AND ONION (Tanzania)

Serves 5-6

2 lbs. spinach, finely chopped
1 small onion, chopped
1 large tomato, sliced
1 green pepper, chopped (optional)
1/2 tsp. salt
1/4 cup water

Put the chopped spinach in a saucepan, adding sliced onion, tomatoes, green pepper (if used), salt and pepper, and water. Cover the pot and put it on a medium high temperature. Boil for 5 minutes. Serve warm.

- EMILY BAVU

SPINACH CHILLY (South Africa)

Serves 5-6

1 lb. spinach, chopped finely

1 large or 2 medium onions, chopped finely

1 Tbs. fresh ginger, grated (or 1/2 tsp. powdered)

2 medium garlic cloves, chopped

1 large tomato, chopped

2 small bell peppers, green and/or red, finely chopped

Salt, to taste

Freshly ground black pepper

Hot chili peppers, to taste (1/2 tsp. crushed, for mildly hot)

2 to 3 Tbs. oil

Heat the oil in a heavy bottomed pan, and add garlic and chopped onion. Saute until soft. Grind ginger and pepper together and add to the pot. Add the tomato and cook on medium heat for 10 minutes, stirring constantly. Finally, add the chopped spinach and stir while cooking another 10 to 12 minutes. Add the red pepper and salt to taste and serve.

- LOUISE CRANE (Courtesy of Maria Madiba)

UGALI (Kenya)
Vegetable Mixture

Serves 3-4

1-1/2 lbs. potatoes

1 cup fresh whole grain corn

1 cup fresh green peas

Salt, to taste

Peel and cut the potatoes in halves and wash. Place them in a pot, adding corn, fresh peas, salt, and enough water to just cover the ingredients. Boil until ingredients are soft. Drain off the excess water and mash all the ingredients together to make a ball.

Serve with meat stew.

Ugali can also be made from cornmeal. When cornmeal is used, add 1/2 lb. of cornmeal to 3 cups of boiling salted (1/2 tsp. salt) water and stir constantly to prevent lumping.

- FRANCIS MWEGA

UNUSALU (Zambia)
Greens/Collards with Peanut Sauce

Serves 4

1 lb. greens (collards), finely chopped
1 large tomato, chopped
1 large onion, chopped
2 cups of water
1/2 lb. raw peanuts
Salt, to taste

Bring the water to a boil and add the finely chopped collards. Boil for at least 15 minutes and then drain off excess water.

Grind the peanuts finely, mix with a little water to form a thick paste, and then add to the chopped tomato and onion. Cook with the greens, stirring repeatedly, at least 20 minutes, or until the sauce becomes brownish. Add salt to taste.

- JUSTINA CHISHIMBA

YEGOMEN KITFO (Ethiopia)
Collards with Spiced Cottage Cheese

Two dishes prepared separately, served together.

Serves 6

Spiced Cottage Cheese

12 oz. cottage cheese (unsalted)
1/3 cup *Niter Kebbeh* (p. 49)
2 garlic cloves
1/4 tsp. ground cardamon
1/2 tsp. salt
Freshly ground black pepper

Mix the above ingredients and let the mixture set at room temperature for 15 minutes. Remove the garlic cloves before serving.

Collards

2 lbs. collards (or kale)

2 Tbs. fresh hot peppers (chillies), minced

1 Tbs. grated fresh ginger

1 tsp. minced garlic or garlic juice

1/2 tsp. ground cardamon

1/4 cup *Niter Kebbeh* (p. 49)

2 Tbs. grated onion

Salt and pepper, to taste

Wash the greens, trim and remove stems; chop very finely. Steam them about 20 minutes (see "Steaming," p. 53).

Add the rest of the ingredients and mix thoroughly.

Serve the collards and the cottage cheese mixture in dishes side by side or in one large dish, with the cottage cheese surrounded by the greens (or vice versa).

- LORRAINE CRUMMEY

BREADS

BIDIA BIA KASAI (Zaire)
Cornmeal and Cassava Bread

To be served with *Nsolo Kasai* (p. 17) and *Matamba Kasai* (p. 31)

Serves 6

3 cups water

2 cups cornmeal (preferably white)

2 cups cassava flour (or white flour, all-purpose type)

Mix dry ingredients together in a bowl. Heat the water to lukewarm temperature. Stir 1/2 cup of the dry mixture into the water until smooth. Cover and let boil for five minutes.

Add the rest of the dry flour gradually to the boiling mixture, stirring continually. Continue boiling and stirring until very stiff. Shape into a round loaf and serve with accompanying dishes of meat and greens, such as chicken in palm oil (*Nsolo Kasai*, p. 17) and greens in palm oil (*Matamba Kasai*, p. 31).

This dish, popular among the people of the Kasai area of Zaire, is traditionally eaten with the fingers, breaking off small pieces of *Bidia* and dipping them into the accompanying meat and vegetable sauces.

- RACHEL TSHIWALA

BUNS WITH CARDAMON (Tanzania)

Yields about 30 buns/biscuits

2 cups all purpose flour
2 Tbs. sugar
1 tsp. baking powder
1/4 tsp. green cardamon, crushed
Pinch of salt (1/4-1/2 tsp.)
*2 Tbs. margarine or butter
*2 eggs
*1/3 pint milk
2 cups vegetable oil
Flour (about 1/4 cup) for coating board and rolling pin

*These ingredients should be at room temperature.

Measure all dry ingredients and put them in a mixing bowl. Rub in the margarine (or butter) into the flour, using finger tips until the mixture is of bread crumb consistency.

Beat the eggs in a separate bowl.

Make a well in the middle of the flour mixture and pour in the eggs, mixing into a dough. Add the milk and continue kneading into a soft dough. If the dough sticks to the bowl, add 1/2 teaspoon of vegetable oil.

Place the dough on a pastry board sprinkled with a little flour. Using a flour-coated rolling pin, roll the dough in a circle into 1/2-inch thickness. Cut the dough into small pieces of any shape--squares, circles, rectangles, trianglea, etc.--about 1-1/2 inches by 2 inches in size.

Heat the oil in a pot and deep fry the pieces until they are golden brown on both sides. Drain (see "Deep Frying," p. 54) and serve.

- EMILY BAVU

CHAPATI (Tanzania)
Tanzanian Pastry

Serves 5-6

2 cups all purpose flour
1/2 tsp. salt
3/4 cup vegetable oil (approximately)
1/2 to 1 cup milk
Flour (about 1/2 cup) for coating board and rolling pin

Measure the dry ingredients into a mixing bowl. Add two tablespoons of oil and mix into the flour. Make a well in the flour mixture, pour milk into it, and work with fingertips into a soft dough.

Divide the dough into five or six even portions. Sprinkle some flour on a pastry board. Using a flour-coated rolling pin, roll each piece of dough, one at a time, into a circle. Brush a little oil on the surface while pulling the pastry lengthwise. Then fold the dough into a round shape and roll into a circle 1/4-inch thick. Brush lightly with oil on both sides.

Heat an unoiled frying pan on low temperature and put in one of the pastries *(chapati)*. Cook, turning, until both sides are golden brown. As each *chapati* is cooked, wipe clean the frying pan before putting in the next one (again brushed with oil on both sides). Make sure to turn both sides of the bread to even golden brown.

Chapati can be served at any meal, alone or with other dishes.

- EMILY BAVU

INJERA (Ethiopia)
Sour Dough Pancake

In cool climates, this recipe takes four days to make; in hot weather/summer, three days. To be served with *Doro Wat* (p. 15) and/or *Beef Wat* (p. 20).

Serves 8-12

1/2 tsp. granulated yeast

4-1/2 cups (or more) unbleached white flour

3 cups buckwheat flour (or preferably teff/millet flour, if available)

1-1/2 tsp. baking powder

Club soda

Water

Step 1: To Make a Starter

In a large 3 to 4 cup bowl mix the yeast, 1/2 cup of the white flour and 1/2 cup of warm water. Leave overnight in a warm place.

Step 2: 24 Hours Later

Mix in a very large bowl 3 cups of unbleached white flour and 3 cups of buckwheat flour (or teff or millet flour). Add the starter and enough warm water to make a batter slightly thicker than pancake batter. Cover with a cloth and let it stand for three (two) days to ferment.

Final Step: Three Days Later (In hot weather, two days later)

After three (two) days, pour off the water and add: 1 to 2 cups of new flour (white), 1-1/2 tsp. baking powder, and enough club soda to make a thin batter.

Warm a well-seasoned 10-inch cast iron skillet or a nonstick pan over moderate heat until a test sample (1 Tbs.) of the batter solidifies immediately in the pan, but does not become brown. Starting in the center of the pan, pour the

batter in a circle around and out to the edges of the pan. Cook on one side only until bubbles form and the surface dries. Remove onto a cloth.

As with French crepes, avoid overcooking, which makes the pancakes too crisp to fold, roll, etc. Spread some of the *injera* out on a platter or in a flat basket, overlapping each other; others can be folded in quarters and arranged on the plate or basket. To eat *injera*, tear off a piece and use it to scoop up the *wat* or other food served with it.

- LORRAINE CRUMMEY

KENKEY (Ghana)
Fermented Cornmeal Balls

This recipe takes three days to prepare.

Serves 5-6

1 lb. white corn meal
1/3 cup cornstarch
Water
Salt, to taste
Aluminum foil or other wrapping materials (leaves)

Mix the cornmeal and starch with enough water to make a thick paste. Set in a bowl, cover with a cloth, and leave unrefrigerated for three full days.

At the end of three days remove any mold that may have formed on the fermented dough and divide the dough in half. Mix one-half with 1-1/2 to 2 cups of water and cook until thick, but thin enough to drop from a spoon (about 8 minutes). Season with salt, mix with the other half of the dough, and shape into balls about the size of a large lemon (or larger). Wrap tightly in squares of aluminum foil or in locally available leaves, such as corn husks, plantain, or banana leaves.

Place the wrapped *kenkey* balls in a large pot, cover with water, and boil for about an hour. An alternative method is to steam the *kenkey* in a special covered pot (see "Steaming," p. 53) for 1 to 2 hours, depending on the size of the balls. Test a sample after an hour.

Kenkey can be served with any vegetable, fish, or meat dish. The balls can be refrigerated and reheated just before serving.

- LOUISE CRANE (courtesy of Efua Antwi)

MKATE WA SINIA (Kenya)
Rice Bread

Serves 5-6

1 lb. ground white rice flour

6 cardamon pods, crushed

*2 cups thick coconut milk

*Up to 2-1/2 cups thin coconut milk

2 level tsp. dried yeast granules (dissolved in 1/2 cup warm water)

1/2 cup sugar

*See "Coconut Milk" (p. 55) for instructions on making coconut milk. The process described produces the thick coconut milk for this recipe. Thin coconut milk can be produced by adding water to the grated coconut a second time (and squeezing through the gauze).

Mix together the flour, crushed cardamon seeds, and about 1-1/2 cups of the thick coconut milk. Add the dissolved yeast (ready when it has begun to fluff up). Turn on to a board and knead, adding the remainder of the thick coconut milk gradually. In other words, knead until the dough becomes dry, add a little of the milk, knead again, and so on, taking care not to add too much liquid at once.

After about 20 minutes of kneading, add the sugar, knead until it is absorbed, and then add thin coconut milk gradually until the mixture has the consistency of a thick porridge. In a test with the hands, if the batter falls through the fingers, enough coconut milk has been added. Cover and let the mixture rise in a warm place for 1 to 1-1/4 hours, until nearly doubled in bulk.

Put the dough into a warmed and greased shallow baking pan, cover, and bake in a medium hot oven (350°F) until done, about an hour. Remove the cover after about 45 minutes, to allow the bread to brown on top. Test with a straw to make sure it is done; it is done when the straw comes out clean. After removing it from the oven, leave the bread in the pan to cool, then cut in small squares, and serve on a plate.

Mkate wa Sinia is eaten hot or cold, with *kebabs*, roasted meat, or chicken.

- MARYAM MARSHAD

SNACKS/SWEETS

AKARA BALLS (Nigeria)
Bean Fritters

Yields 28 to 35 akara balls

1 lb. black-eyed peas (or white beans)

1/2 tsp. red hot pepper

1 tsp. salt

1/2 large onion, finely chopped

3 cups groundnut (peanut) oil or palm oil

Soak the black-eyed peas (or beans) in water overnight or until the skins are loose enough to remove easily. After removing the skins, drain the peas and grind in a grinder or blender. Add the pepper, salt, and finely chopped onion. Beat the peas and other ingredients together until light and well blended, of a consistency to drop easily from a spoon.

Heat the oil in a deep 9-inch skillet or pot. Drop the bean mixture by tablespoons in the hot fat and fry until golden brown on all sides.

There are many variations for making *akara*. They are served with corn porridge or custard, or eaten as a snack.

- CONSTANCE N. OKOYE

KOSAI/AKARA (Nigeria)
Bean Fritters with Pepper (Another Version of *Akara*)

Yields 28 to 35 fritters

1 lb. black-eyed peas

1/2 green pepper

1 large hot pepper or 1/2 tsp. powdered hot pepper

1/2 large onion

1/4 to 1/2 tsp. ginger

Salt, to taste

3 cups vegetable oil

Soak the peas in water overnight, drain the water, and remove the skins. Grind the peas in a grinder or blender. Grind together the green and hot peppers and onion, and add to the peas. Beat the mixture into a dropping consistency. Add the ginger and salt, to taste.

Heat the oil in a pot and drop in the pea mixture by the spoonful, a little at a time, frying until brown on all sides.

Like other versions of *akara* (this one is from northern Nigeria), this is served as a snack or with *akamu* (corn porridge) for breakfast.

- MAIRO KIDDA

RICE AKARA (Sierra Leone)
Banana Fritters

Yields 40 small fritters

4 large ripe bananas
1 lb. rice flour
1 tsp. salt
Sugar, to taste
1 tsp. baking powder
1/4 cup water (or as needed)
3 cups oil

Peel and mash the bananas. Add the flour, salt, sugar, and baking powder. Beat until the dough slides off the spoon. If the batter is very thick, add water while beating. Let the batter stand in a warm place for three hours or overnight.

Heat the oil in a pot and drop the batter by tablespoonfuls into the oil. Fry until golden brown, and drain. (See "Deep Frying," p. 54)

- REBECCA DYASI

BAKED BANANAS (Africa)

Cooked ripe bananas, which require little or no sugar, are one of the easiest and quickest dishes to prepare to top off an African meal. Here are only a few of the possibilities:

Unpeeled Bananas

Allowing one banana per person, bananas can be roasted in their skins in an outdoor fire or placed, unpeeled, in a shallow pan and baked in a 350°F oven for 20 minutes. When done, peel off the skin, and serve sprinkled with lime or lemon juice and a little sugar, if desired.

Peeled Bananas

Serves 6

6 ripe bananas, peeled and slit lengthwise

2 Tbs. lime or lemon juice

2 Tbs. sugar (white or brown)

2 Tbs. butter

Place the banana slices in a buttered shallow baking pan. Sprinkle the lime (lemon) juice and sugar over the bananas, and bake in a 350°F oven until soft, about 15 minutes. Serve as is or with any of a variety of toppings: grated fresh coconut, toasted coconut, ground roasted peanuts, sweet or sour cream, or an orange liqueur (Curacao).

Variations: Bananas can be baked (or broiled) in pineapple and/or orange juice or sweetened with honey.

- LOUISE CRANE

BANANA FRITTERS (Nigeria)

Serves 4-5

4 really ripe bananas (preferably overripe)

4 large eggs

1-1/2 cups all purpose flour

2 tsp. baking powder

1 cup sugar

1/2 tsp. nutmeg (or other spices)

4 or 5 cups cooking oil

Peel and mash the bananas to a smooth paste, using a wooden ladle. Beat the eggs separately, then add to the paste. Gradually add the flour mixed with baking powder, and half the sugar; mix to produce a light consistency.

Heat the oil in a deep frying pot to 375°F or until blue smoke appears. Reduce the heat slightly and drop the batter from a tablespoon into the oil, a little at a time. Deep fry until golden brown, turning from side to side.

To serve, sprinkle the fritters with the rest of the sugar (1/2 cup, or to taste) and serve hot or cold with any beverage.

- RACHEL NKAJIMEJE

BLACK-EYED PEAS COCKTAIL CRACKERS (Nigeria)

Yields 24 or more crackers

3/4 cup dried black-eyed peas	2 egg whites
1 small onion, finely chopped	1/2 cup flour
1/2 tsp. salt	1 tsp. baking powder
2 Tbs. water	2 to 3 cups oil

Soak the peas about 5 minutes in warm water and remove the skins (husks). Leave the peas to partly dry and then grind finely. Add the chopped onion, salt, and water.

In a separate bowl, beat the egg whites until stiff but not dry. Add them to the peas mixture. Mix the flour and baking powder, and blend into the peas mixture. Roll out thinly and cut into fancy shapes. Heat the oil in a pot and when hot enough deep fry the crackers, a few at a time, and drain.

Serve as a snack or with cocktails.

- CAROL NDULUE

FRUITS: FRESH AND COOKED (Africa)

Fresh Fruits

Those that are available fresh--pineapples, mangoes, papayas, bananas, and guavas (occasionally)--can be served alone, whole or sliced, or in various combinations. A compote or fruit salad could be made with chunks of all or any of the above mentioned fruits, with the addition of coconut slivers, dates, a small amount of lime juice or other fruit juice, and a small amount of honey, if sweetening is desired. Orange or other citrus fruits can be used with or after meals, alone, or in combinations with the other fruits.

Cooked Fruits

Two of the fruits less familiar to Americans are particularly good when cooked:

Mango sauce can be made from either green or ripe mangoes which are peeled, sliced, and stewed with sugar to taste, for 15 to 20 minutes (or until soft). Mash into a puree and serve hot or cold.

Baked mangoes can be prepared from whole ripe mangoes, peeled or unpeeled, placed in a shallow pan with a small amount of water, and baked in a 350°F oven until soft (25 to 30 minutes).

See also *Mango Freeze* (p. 45)

Guavas can be peeled, sliced, and stewed with a small amount of sugar, until

soft, about 15 minutes. Stewed guavas, which are also available in cans, make a refreshing dessert served with cream or ice cream.

- LOUISE CRANE

MANGO FREEZE (Zaire)

Serves 6

2 large or 3 medium size mangoes or 1-26 oz. can stewed mangoes*

2 large ripe bananas, peeled and cut in chunks

1-1/2 to 2 cups orange and/or pineapple juice

Juice of 1 small lime (or half a lemon)

Sugar, to taste

*When using the canned mangoes, make sure they are not the type in heavy sirup intended for cocktails. Drain the canned stewed mangoes. Cook the bananas separately in the fruit juice, and when soft add the mangoes and proceed as below.

If using fresh mangoes, peel and slice them and put in a saucepan with the bananas and the fruit juice. Stew on medium heat until soft, 10 to 15 minutes. Add lime juice and sugar to taste (more sweetening needed when freezing) and puree the mixture in a blender. When it is cool, pour the fruit into a freezing tray deep enough to hold and place in the freezer to harden (1 hour or more). An hour or less before serving, remove the frozen mixture and process in a blender to smooth to sherbet texture. Return to freezer and blend again quickly just before serving. This mixture will keep indefinitely in the freezer.

- LOUISE CRANE

MOI-MOI (Nigeria)
Steamed Bean Cakes

Serves 4-6

2 cups black-eyed peas

1/2 large onion

Any one of:

1 Tbs. ground dried shrimp

1 cup fresh shrimps

*4 eggs

Left over ground beef

2 Tbs. palm oil or groundnut (peanut) oil

Hot red pepper, to taste

Salt, to taste

Etere leaves or aluminum foil (for cooking cups)

Soak black-eyed peas for about 5 minutes, drain, and remove skins immediately. Cover and let stand for 30 minutes in cold water.

Drain the beans and grind them to a smooth paste. Grind the other ingredients (from the choices listed above) and add to the bean paste. Add the oil and then gradually add some water to the mixture to make a lighter paste.

*If you choose to use eggs, grease the containers--tins or custard cups--in which the *moi-moi* is cooked. Either mix the eggs with the paste or break and drop into quarter-filled containers, and add more paste over the egg (one in each container). Containers should be about two-thirds full. Cover the containers tightly with aluminum foil or *atere* leaves (available in Nigeria). Place in a steamer and steam for about 60 minutes. (See "Steaming," p. 53)

Serve alone or with oats or corn porridge and milk.

- RACHEL NKAJIMEJE

MONYINMON (Nigeria)
Steamed Bean Cakes

Serves 4-6

2 cups black-eyed peas
1 medium onion, chopped
1 cup vegetable oil (hot)
2 Tbsp. tomato paste
3 hard boiled eggs, sliced
1 can of corned beef and/or
1 cup of cooked shrimp
2 tsp. red hot pepper (optional)
Salt, to taste
Wax paper

Soak the beans overnight to soften skins. Drain and remove the skins. Blend the peas with the chopped onion into a fine paste.

Add the rest of the ingredients to the bean paste: oil, tomato paste, eggs, corned beef and/or shrimp, and the pepper and salt. Mix thoroughly.

Grease waxed paper on one side. Fold the greased paper into bags with the greased side inside; bags should be of serving size. Spoon the pea mixture into the bags and seal tightly by folding the bags over the top several times. Arrange the bags in a pot of boiling water, cover tightly, and cook for 45 to 50 minutes. (See "Steaming," p. 53) *Monyinmon* is ready when a wooden pick or clean knife inserted comes out clean.

To serve, remove the bags from the pot and unwrap the *monyinmon*. Serve with hot *Jollof Rice* (p. 24) or as a snack.

- ANTOINETTE OMO-OSAGIE

PLANTAIN CHIPS (Africa)

Serves 5-6

3 firm green plantains

Salt or sugar, to taste

Oil for deep frying

Peel the plantains and cut into very thin slices, about 1/8-inch thick. Fry in deep hot oil until chips are light brown and crisp. Drain on paper towel. Sprinkle with either salt or sugar.

- CAROL NDULUE

PLANTAIN AND PEANUT FRITTERS (Zaire)

Serves 4-6

2 ripe plantains

1/2 cup roasted peanuts, crushed

2 Tbs.+ palm oil

Pinch of salt

1 tsp. red hot pepper (optional)

1 Tbs. lime juice or lemon

Boil the plantains until they are soft. Mash and mix with the crushed peanuts, salt, pepper, and lemon juice. Shape into small balls or flat patties and fry in 2 tablespoons or more of palm oil until crisp and lightly brown.

- LOUISE CRANE

FRIED PLANTAIN DELUXE (Nigeria)

Serves 4-5

3 ripe plantains

2 eggs

3 Tbs. water

Salt, to taste

Spices (as desired)

Oil for frying

Peel the plantains and slice them crosswise at a slant. Beat the eggs in a deep bowl. Add water, salt, spices, and flour and blend well.

Dip the plantains individually in the liquid mixture until well coated. Deep fry in moderately hot oil, until brown and crisp.

- CAROL NDULUE

CONDIMENTS AND PRESERVES

ALL PURPOSE TOMATO SAUCE (Nigeria)

Serves 6

5 large tomatoes

3/4 cup palm oil (or any cooking oil)

1 large onion, chopped

1/2 cup water

Salt, to taste

Pepper (hot), to taste

Also (optional):

Cooked meat or

Cooked fish

Remove the seeds from tomatoes and cut into small pieces. Pour oil into a deep saucepan. Stir fry the chopped onion, tomatoes, and salt in the oil about 5 minutes. Add water, salt, and pepper. Boil until the mixture is well blended and thickened. Add the cooked meat or fried fish (if used) and simmer for another 5 minutes.

This sauce is served over any main dish or used as a dip for fried foods.

- CAROL NDULUE

BANANA JAM (Zaire)

Yields about 2 pints

6 ripe bananas, peeled and cut in small chunks

Water to cover

1-1/2 cups sugar

2 Tbs. fresh lime juice

Boil bananas in a heavy bottomed pot on low heat for about 3 hours until they are soft and darkened to a gray or brownish color. Stir from time to time and add water, if needed —only enough to keep the mixture from sticking. Stir in the sugar during the last hour of cooking, adding the lime juice at the end. The jam should be of a butter consistency, thick enough to spread. Mash or put through a processor to remove any lumps. A few drops of red or other food coloring may be added to enhance the appearance.

- LOUISE CRANE

BERBERÉ (Ethiopia)
Ethiopian Spice Mixture

1 tsp. ground ginger
1/2 tsp ground cardamon
1/2 tsp. ground coriander
1/2 tsp. ground fenugreek seed
1/2 tsp. grated nutmeg
1/4 tsp. ground cloves
1/4 tsp. cinnamon
1/4 tsp. allspice
2 Tbs. salt
1-1/4 cup cayenne pepper (very hot)
1/2 cup paprika
1 tsp. freshly ground black pepper

In a heavy saucepan (nonstick or well-seasoned iron pan), toast the following ground spices together over low heat 4 to 5 minutes: ginger, cardamon, coriander, fenugreek, nutmeg, cloves, cinnamon, and allspice. Shake or stir to prevent burning.

Add the salt, cayenne pepper (very hot), paprika, and freshly ground black pepper and continue toasting and stirring 10 to 15 minutes. Cool and store in tightly covered glass jar. This will keep in the refrigerator 5 or 6 months.

Berberé, which is an essential ingredient in many Ethiopian recipes (see pp. 15, 20, 22) is sometimes used in the form of a paste, adding oil, water, and some other ingredients. Since these wet ingredients are already included in most recipes, we have chosen the dry form of *Berberé*, easier to make and store.

- LORRAINE CRUMMEY

NITER KEBBEH (Ethiopia)
Clarified Butter with Spices

Yields approximately 2 pints

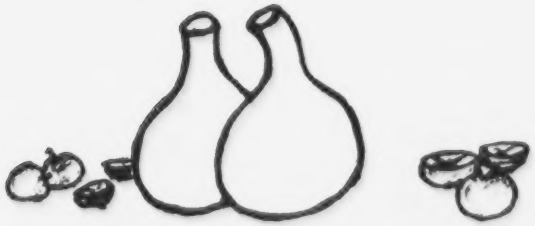
2 pounds of butter
1 small onion, chopped
3 Tbs. minced garlic
4 tsp. grated fresh ginger
1-1/2 tsp. turmeric
4 to 5 cardamon seeds
1-inch piece cinnamon
3 to 4 cloves
1/4 tsp. ground nutmeg

Melt butter slowly and then bring to a boil. Add other ingredients and simmer on lowest heat until the top is transparent and butter solids are on the bottom (45 to 60 minutes).

Pour off clear liquid and strain through a cheesecloth, discarding spices and solids. Liquid will solidify when cool. Keep well covered in the refrigerator; good for 2 to 3 months.

- LORRAINE CRUMMEY

BEVERAGES



GINGER BEER (West Africa)

1 lb. fresh ginger

1/2 gallon (8 cups) water

1/2 gallon (8 cups) pineapple juice*

1 tsp. whole cloves or a stick of cinnamon (optional)

Sugar, to taste

Wash and scrape the skin off the ginger. Grind the ginger to a pulp and add 1/2 gallon of boiling water to it. Let stand an hour or so, then strain the liquid through a cloth, squeezing to extract all flavor from the pulp. Stir in pineapple juice, spices (if used). Let stand in a warm place (in the sun, if possible) for another hour, allowing starch from the ginger to settle at the bottom. Strain through a cloth, trying not to disturb the sediment at bottom. Sweeten to taste and chill. *Juices of other fruits--e.g., 2 or 3 limes or lemons--diluted with enough water tomake 8 cups of liquid, may be substituted for the pineapple juice. Many adaptations are possible.

- REBECCA DYASI

LEMON GRASS DRINK (West Africa)

1 lb. freshly cut lemon grass or dried lemon grass

1/2 gallon water

Sugar, to taste

Wash the lemon grass. Boil the half gallon of water and pour it over the lemon grass in a tea pot or covered pot and allow to brew. Serve it hot in tea cups, adding sugar to taste.

- REBECCA DYASI

ORANGE DRINK (West Africa)

8 to 10 oranges

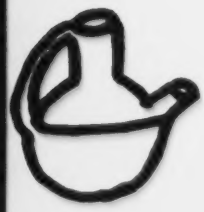
Sugar, to taste

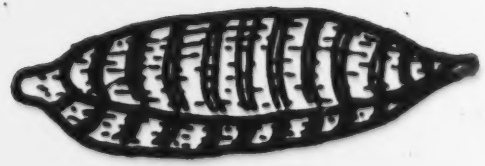
1 qt. + 3 cups water

Wash and peel the oranges, saving the skin. Cut each orange in half and squeeze the juice into a bowl. Add 3 cups of boiling water to the orange peel and cover for 10 minutes. Strain the liquid off the orange skins and simmer it for ten minutes. Add the liquid to the orange juice and a quart of water. Sieve to remove any seeds or particles. Add sugar to taste and serve chilled.

- REBECCA DYASI

PART III
SUPPLEMENTARY INFORMATION





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MEASUREMENTS AND COOKING TERMS

Africans, as experienced cooks, are not as concerned with exact measurements as are North Americans. In order to make this book useful to North Americans, we have tried to be as exact as possible. We have used U.S. terms and measurements: Tbs. for tablespoon; tsp. for teaspoon; cup, 8-ounce size; lb. for pound. However, since tastes differ—for example, not everyone likes or can eat very hot pepper—we suggest testing the recipes as you go and adjusting the quantities "to taste," especially in the matter of seasoning.

African users of the book will be already familiar with these methods and with ways of converting to metric systems for measurements or using local objects (such as milk cans, cigarette tins, and beer bottles) for measuring.

The cooking terms for the most part are those used in standard cook books, but since there are a few methods special to African food, we will discuss briefly the main procedures used. See also "Special Foods, Ingredients, and Substitutes" (pp. 55-59) for some suggestions for preparing certain ingredients.

Boil - Use high heat until bubbles form and rise rapidly to the surface.

Simmer - Boil at very low heat, with very small bubbles on the surface.

Parboil - Boil the food until it is about half done.

Shred - Cut or tear into very small pieces by hand or with a grater.

Steaming - Method 1
Food (such as steamed fish or meat or vegetables) is cooked on low heat in its own juice.

Method 2
Use a special steamer, for example, double pots fitting into each other with a lid on the upper pot. The upper pot has a perforated bottom and holds the food to be steamed. The lower pot holds the water for steaming.

Foods cooked using steamers are: *moi moi* (p. 45), *olele* (another form of *moi moi*), fish, *couscous*, etc. If a steamer is used, food should be wrapped in special leaves like cabbage or in tin foil (Africans might use banana leaves or other locally available leaves).

Method 3
Make your own steamer, using a deep pot. Make a 3 to 3-1/2-inch platform using clean chicken wire at the bottom of your pot (clean pieces of wood could be used as well). After constructing the platform put 1-1/2 to 2-1/2 inches of water in the pot and place the wrapped food on top of the platform. Spread a clean towel over the wrapped food, then cover the pot with a well-fitting lid. Bring the pot to a boiling point

with high heat, then lower the heat and allow the pot to simmer throughout the required cooking time.

Deep Frying - Food is cooked in a pot half to two-thirds full of heated oil at medium to high temperature. Some useful hints:

1. Heat the oil before the food is put into it. Less grease is absorbed by the food this way.
2. Test the temperature by dropping a small cube of bread in the hot oil; if it browns within 60 seconds, oil is ready for frying.
3. Suitable oils for frying are: groundnut oil (peanut oil), palm oil, palm nut oil, and vegetable oils such as corn, soya, and others.
4. To remove excess oil from fried foods: a) put fried food on paper towels to drain a few minutes before serving; b) fry the food until light brown in color, then place the food on a rack over a pan to collect excess oil, and put in a preheated oven (about 350°F) for 10 minutes.

Cooking Times - Especially with meats, cooking times in Africa and the U.S. may vary. In general, cooking times are longer for the tougher chickens (sometimes referred to as "Olympic chickens" because they are always on the run) and meat in Africa.

SPECIAL FOODS, INGREDIENTS, AND SUBSTITUTES

This listing includes ingredients used in the recipes, with suggestions of how to prepare them and/or substitutes. Also included are names of some of the more common basic foods in Africa.

AGIDA. A jelly-like cornstarch porridge, often served in leaves, in Nigeria.

AKARA. This is a name used in Nigeria and Sierra Leone for a snack of bean or banana fritters popular all over West Africa (pp. 41-43). Other names are *kosai* (northern Nigeria) and *akla* or *koose* in Ghana.

AMALA. This is a Yoruba (Nigeria) term for both a flour made of bananas, cassava, or yams and a cereal made with the flour.

BEANS. All types of beans (including what Americans call peas) are used, especially black-eyed peas, cow peas, green peas, and beans.

CASSAVA. Also known as manioc or yuca, this is a tropical root crop grown in West and Central Africa (rain forest and savannah regions of Africa) and a staple of diets all through this area. The starchy white interior of the root is eaten boiled like potatoes or is grated to make foofoo (a popular dish in West Africa) and cassava bread (Sierra Leone). It is readily stored as flour--called by different names, such as *amala* (Yoruba name in Nigeria), *kokonte* (Twi in Ghana), and *tshiombe* (Luba in Zaire)--and is used in many recipes.

Gari, a popular food in West Africa, is made from grated and toasted cassava. The leaves of the cassava plant make a protein-rich vegetable used extensively in Sierra Leone, Liberia, and in countries of Central Africa. Two of the recipes from the Luba-speaking Kasai area of Zaire make use of cassava products. *Bidia bia Kasai* (p. 36) uses cassava flour, *tshiombe*, and *Matamba Kasai* (p. 31) uses cassava greens, *matamba*. These and other forms of cassava are available in some U.S. stores, but we have indicated some substitutes in the recipes, such as the flour mixture in *Bidia bia Kasai*. See "Sources of African Foods in the U.S.A." (p. 60) for information about *isiam*, a cassava product available by mail.

COCONUT MILK. This is usually the transparent fluid that fills the ripe coconut. But the "coconut milk" ingredient for the recipes in this book is the milky white fluid made by grating the firm fleshy part of the coconut, the coconut meat.

This milky white fluid (in either the sweetened or nonsweetened variety) can be bought canned in any Spanish or Oriental store or even in some American supermarkets. Sweetened coconut milk is not suitable for many of the recipes in this book. If you want to make your own coconut milk:

Step 1

Using a ripe coconut, look for the three black spots, called "eyes," at the rounded end of its hard outer brown shell. To save the coconut

juice, pierce two of the coconut eyes with any sharp pointed object (for example, a cork screw or scissors) and drain the fluid in a cup. This juice can be served as a drink or used in cooking.

Step 2

To crack the hard outer shell, hold the coconut in one hand and hit it all around the center with a hammer or the back of a cleaver knife or axe. If these objects are not available, hit the coconut on a hard cement floor. If the coconut is fully matured, the shell easily breaks away from the thick layer of white flesh inside. If the coconut is not fully matured, the flesh is more difficult to remove. In this case use a sturdy knife, wedge it between the fleshy white part and the shell, and lift out the coconut meat. Another possibility is to bake the coconut in an oven at 350°F for 45 minutes to an hour until the shell begins to crack. When cool, hit it with a hammer and the meat can easily be removed.

Step 3

Grate the coconut meat. The quickest and easiest way is to cut it into small chunks, place them in a blender or food processor with a small amount of water (1 cup), and process it.

Step 4

To the finely grated coconut, add two quarts of water. Mix thoroughly and sieve. Squeeze the chaff through a clean gauze or towel and use the coconut milk. Unsweetened, shredded, dried coconut could be used as a substitute for fresh coconut.

COCOYAM. See YAMS in this listing.

COUSCOUS. Granulated flour like semolina, made from millet, wheat, or other grains, is used especially as a staple in North African dishes. It is steamed and combined with vegetables and meats (p. 26). Precooked *couscous* is available in many U.S. grocery stores.

COOKING OILS. Africans use a variety of oils for cooking, such as peanut oil (referred to as "groundnut oil"), coconut oil, palm oil (see PALM OIL below), corn oil, and any other vegetable oil.

EGUSI. Melon-like seeds, they are ground and used for thickening cooked greens and stews. Shelled ground almonds and pumpkin seeds could be used, although *egusi* of Ghana origin is available in some U.S. stores.

FISH. All varieties of fresh, dried, or smoked fish or shrimps (sometimes called "crayfish") are used. Some African varieties can be found in U.S. stores. Choice for fish in these recipes is up to the individual.

FLOURS. In general, the flours named as ingredients for the recipes in this book are those that are easily available in the U.S., such as wheat flour (white and whole wheat) and cornmeal. For certain recipes it obviously

is preferable to use the special African flours. For example, in West African recipes, it is preferable to use the cassava flours previously mentioned (see CASSAVA above), yam flours like *amala* (also made with cassava), or rice flour, which is available in some U. S. stores. Ethiopian breads like *Injera* (p. 38) are best made with at least some portion of *teff*, a special kind of millet flour.

FOOFOO. See CASSAVA above.

FRUITS. The variety of fruits in Africa is endless. Fruits like the banana, guava, mango, papaya, pineapple, and citrus are generally eaten raw, though some of these (for example, bananas and mangoes) sometimes might be roasted, baked, or stewed. Plantains, which are always cooked, could be classified as both fruit and vegetable, according to the way they are used (see PLANTAIN below).

GARI. See CASSAVA above.

GREENS. In the recipes given here, which make extensive use of leafy vegetables, we have often listed the African names, such as *hundi* (Sierra Leone), *ugu* (Nigeria), *mboga* (Tanzania), *mchicha* (Tanzania), *imusalu* (Zambia) and *matamba* (Zaire). In some cases the name refers to a specific type of leaf, such as *mchicha*, the Swahili word for a type of African spinach; at other times it is a general term which may refer to several different kinds of greens, for example, *mboga*, Swahili for pumpkin leaves as well as for young green pea leaves. Bitterleaf is the English name for a particular kind of greens popular in West Africa that resembles turnip greens. As a general substitute, spinach is probably the most successful, though it is worth trying others, such as the collards and turnip or mustard greens so popular with southern cooks in the U. S., or perhaps very young and tender leaves from pumpkin or pea vines. As previously mentioned, cassava leaves are sometimes available in specialty stores. In cooking greens, <u>fine</u> chopping is very important.

GROUNDNUTS. Throughout English-speaking Africa, peanuts are known as groundnuts. They are used extensively in cooking, in stews, vegetables, and fried foods. They also are eaten by themselves parched or roasted. Peanut oil is popular in cooking.

GUAVA. This is a small fruit, about the size of a large lemon, which is yellow on the outside when ripe. Its edible flesh varies from red to ivory in color. It is sweet and full of seeds, and it may be eaten raw or cooked. Guavas grow in the warmer areas of the U.S.; they are available elsewhere in cans or in the form of guava paste and jelly.

KOLA NUTS. These nuts, which are an ingredient in Coca Cola, grow throughout West Africa and have many uses: as a stimulant and thirst quencher, for medicinal purposes, and for ceremonial occasions (welcoming guests to a meal, weddings, birth announcements, etc.). There are many varieties of kola nuts, but they generally are white or red skinned and have a conical

shape and bitter taste. The nuts are broken and slowly chewed in small bits. They are not commercially available in the U.S. and are used in their raw state only in West Africa.

LIME. This is a small citrus fruit, green in color (yellow when completely ripe). It is used extensively in Africa instead of lemon. The fruit and its skin is used to season food (for example, in cakes) and also as a medicine; boiled whole with herbs, it is used as a remedy for sore throats, skin eruptions, and other ailments. Lemon can be used as a substitute.

MEALIE-MEAL. This is a word used all over southern Africa to refer to cornmeal or mixtures of cornmeal, a staple in this area.

MANGO. This is a kidney-shaped, fleshy tropical fruit, soft and mostly yellow when ripe, but sometimes red in color. The orange or yellow pulp covering the large seed is sweet and juicy. Mangoes are served sliced or whole, either raw or cooked (baked). Fresh mangoes are becoming more readily available in the U.S., though expensive, they also are available in cans.

MEAT. Because of its expense, meat is not an everyday item in most Africans' diet and is often used in stews to stretch the quantity. Meats eaten include beef, mutton, goat, bush meat (such as grass cutter), and chicken. Pork is less common.

NSHIMA. This is a name in the Bantu languages of Central Africa (Zaire, Zambia, Malawi) which refers to food in general, as well as to various mixtures with cornmeal, a kind of food particularly popular in this area.

OKRA. A popular vegetable used as a thickening for soups and an ingredient for stews in West Africa, this green pod is said to have been introduced to the United States through African slaves. The word "gumbo" (shrimp gumbo, chicken gumbo) is derived from an African word for okra.

PALM OIL. This is a reddish orange vegetable oil extracted from the outer fleshly part of the fruits of the tropical oil palm tree. It is used as a flavoring ingredient, a cooking oil, skin lubricant, hair oil, soap ingredient, a fuel, and industrially as machine oil. It is available in some U.S. stores, though the quality varies.

PALM WINE. This is a light, slightly sour drink tapped from a live palm tree and fermented. It does not keep well and so cannot be exported. Africans use it both as a drink and as a yeast in bread.

PAPAYA. Also called pawpaw, this is a round or pear-shaped, melon-like fruit with ridges. When ripe, it is yellow-skinned with a deep orange fruit surrounding black seeds. Juicy and sweet, it is generally eaten raw. Fresh papayas are becoming more generally available in the U.S. and there are also some canned varieties.

PEPPER. Especially the hot variety--red pepper, pili-pili, or the green hot

pepper, fresh or dried--is an important ingredient in African food, particularly in West Africa and Ethiopia. Fresh jalapeno peppers, crushed chillies, or Tabasco sauce can also be used.

PINEAPPLES. Large and juicy, African pineapples are widely grown and are among the best in the world. Africans eat them raw, often to top off a meal. Some countries, such as Ivory Coast, have begun exporting fresh pineapples to the U.S.

PLANTAINS. These are tropical fruits belonging to the banana family, but they are larger and served cooked. Both green and ripe (yellow and/or almost black) plantains are used in cooking. There is no satisfactory substitute. These are available in many U.S. stores, especially those selling Spanish foods.

SPICES. Spices used in Africa include thyme, basil, ginger, nutmeg, cinnamon, cloves, white and black pepper, sage, chillies, mint, and others. Many of these are grown there and quite a few of them (for example, cinnamon and cloves) originally came from Africa. Zanzibar in Tanzania was once known as the "spice island." Africans also use a number of indigenous herbs and spices, but they have not yet been made available for the foreign market.

TEFF. This is a flour made of a special kind of millet and is used in Ethiopian food.

TEJ. An alcoholic beverage of Ethiopia, this is made with honey and hops.

YAMS. Large tubers that weigh from one and a half to as high as ten pounds, depending on the variety. The white yam is a traditional staple food of West Africa, especially in countries like Ghana and Nigeria. Yams can be purchased under the name *nama* or *name* from Chinese, Spanish, and Mexican stores as well as those specializing in African foods. There is no substitute, but Idaho potatoes could be used. *Cocoyam*, another kind of yam used more by poorer people, is available in the U.S. only in Hawaii where one of its two varieties--*taro*--is used to make *poi*.

SOURCES OF AFRICAN FOODS IN THE U.S.A.

Except for Washington, D.C., where there are a number of good African restaurants, few U.S. cities have public facilities for eating African food. However, the ingredients for making the recipes in this book, and others, are becoming more generally available, especially in cities and communities where there are large numbers of foreign students and diplomats. There are a few stores specializing in African foods, but most of the ingredients described here can also be found in Spanish, Mexican, and Oriental stores as well as international food markets. One such source in the Urbana-Champaign area is:

Ginza and Company
315 University Ave.
Champaign, Illinois 61820

Mail orders for African foods can be sent to:

Sands African Import Ltd.
535 Ninth Ave.
New York, N.Y. 10018

or

Casa Moneo Spanish Imports
210 West 14th Street
New York, N.Y. 10011

A cassava product called *iziam* (useful for making any of the recipes calling for cassava) has been invented by Robert W. Robinson, a Ghanaian living in Atlanta, and is available by mail order from:

Robert W. Robinson
1445 Monroe Drive, NE #B-12
Atlanta, Georgia 30324

REFERENCES USED IN THIS BOOK

Most of the references helpful in checking some of the information in this book were from limited edition African books, including some prepared by foreigners living in Africa. Two American publications found useful are:

African Cooking. Time-Life Books, Foods of the World Series. New York: 1970.

Ellen Gibson Wilson. *A West African Cookbook.* New York: Flare Books/ Avon, 1971.

FOOD TABOOS

These are based on cultural traditions, religious beliefs, and health concerns. Every society has its own food preferences and undesirable foods. In Muslim communities, for instance, pork is forbidden because the pig is considered unclean. Because of the pig's general reputation for dirtiness and as the carrier of such diseases as trichinosis, some non-Muslim Africans also shun pork for health reasons. Among the Baganda people of Uganda and the Kikuyu of Kenya, women traditionally were not allowed to eat eggs; eggs were considered for men only. In West Africa among the Mende people (Sierra Leone and Liberia) and Igbo (Nigeria), pregnant women were forbidden to eat snails.

While remembering that African societies vary greatly, even within a single country, and that westernization is changing many traditions, a few examples of taboos observed among the Igbo of Nigeria can illustrate some of the religious and cultural background for shunning certain foods.

Cleanliness

The taboo against pork, mentioned above, is observed among some Igbo, both Muslims (fewer than in other ethnic groups of Nigeria) and non-Muslims, because meat of the pig is considered unsanitary.

There is also a taboo against eating vulture because of its filthy way of life.

Sacredness

There are taboos against killing or eating some animals considered sacred because of certain associations.

Animals Associated with Clan or Community Deities

Some animals in traditional Igbo society (such as the leopard, monkey, crocodile, squirrel, and certain snakes) are considered sacred because they represent a god or goddess controlling the destiny and prosperity of the community. An attack on (eating) the animal is interpreted as an attack on the community and its source of well-being. Thus, no member of the community would attack such an animal or knowingly eat its meat.

Names of Igbo communities often reflect their associations with particular animals and taboos. For example, *Umuagu* (from *umu*, the Igbo word for children, and *agu*, the word for leopard) means "children of the leopard"; *Imerienwe* means "The Community that will not eat monkey." People from *Umuagu* will not eat the meat of the leopard nor will an *Imerienwe* person eat monkey.

Animals Associated with Sacred Places

Sometimes an animal that is not ordinarily considered sacred may become a taboo because of its habitat. For example, a community that normally eats fish may forbid killing a fish or any other animal inhabiting a sacred stream, river, lagoon, or lake. The people of the community would not knowingly eat fish or meat from such a source.

Discrimination Against Women

As in other parts of Africa, discrimination against women is reflected in the food taboos imposed upon Igbo women. Igbo women are forbidden to eat such foods as the gizzard of the chicken.

PROVERBS AND RIDDLES ABOUT FOOD

Proverbs

Proverbs are the palm oil with which words are eaten. (Nigeria)

A child who doesn't travel thinks his/her mother is the best cook.
- contributed by Justina Chishimba (Zambia)

A hungry man does not listen to sermons. (Nigeria)

A grain of rice that doesn't like the knock of a spoon should not sit on the edge of a hungry man's plate.
- contributed by Rebecca Dyasi (Sierra Leone)

An anthill that does not like the tread of men should not grow mushrooms.
- contributed by Rebecca Dyasi (Sierra Leone)

Too many cooks spoil the broth.

The same rice, different recipes.

Mia ni mla leo mla jana kalani (Kiswahili): The one who eats is the one who eats today. You don't count on what you ate yesterday.
- contributed by Emily Bavu (Tanzania)

Mla nawe hafi nawe ila mzawa nawe (Kiswahili): A person who eats with you will not die for you, but he who is born with you (will). This means that an outsider will not love and help you as much as your own family.
- contributed by Maryam Marshad (Kenya)

An empty cocoa bag will not stand up. (Ghana)

If you fail to plant the manioc, God will not raise manioc to feed you.
(Lulua, Zaire)

A chicken eats only what its beak can gather. (Zaire)

Mla kwa miwili hana mwisho mwema (Kiswahili): He who eats with both hands will come to a bad end. (Tanzania)

Mambo yafaayo watu ni yangiayo chunguni (Swahili): The matters that are important to people are those which go into the cooking pot, or "bread and butter issues." (Tanzania)

Bad *tej* is better than good beer. (Ethiopia)

To tell a secret to a scatter-brained person is to put *teff* in a bag with a hole in it. (Ethiopia)

Butter won't rest in the belly of a dog. (Ethiopia)

Riddles

From the top vegetables, from the middle firewood, and from the bottom food. What am I?
Answer: Cassava plant; the leaves, stem, and roots. (Swahili, Tanzania)

Above it is eaten, beneath it is eaten. What is it?
Answer: Cassava plant. (Makua, Tanzania)

The white child who is born with clothes on. Who is it?
Answer: Ear of corn. (Benin)

Three brothers walk together without touching each other. Who are they?
Answer: The three stones under a cooking pot. (Malinke, Guinea)

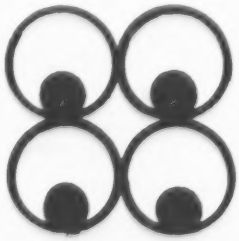
What is it that is white when you throw it up and is yellow when it falls down?
Answer: An egg. (Peul, Guinea)

Something the elder of the village cannot do?
Answer: Stitch two eggs together. (Wolof, Senegal)

The stranger who, without being invited, tastes the dish before us. Who is he?
Answer: The fly. (Zaire)

What is nature's fork?
Answer: Fingers. (Akan, Ghana)

Your creditor you must always attend to, who it it?
Answer: Hunger. (Akan, Ghana)



AKAN SYMBOL OF WISDOM

AFRICA: COUNTRIES AND CAPITALS

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NOTES ON CONTRIBUTORS*

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*While most of the women listed have husbands and children, we have made note only of the international marriages.

AFRICAN OUTREACH SERIES

Louise Crane, Coordinator
Jane Mohraz, Editor

The African Studies Program at the University of Illinois was established in 1971, and since 1973 it has been recognized by the U.S. Department of Education as a national resource center for Africa. Outreach services are available to all individuals and groups interested in increasing their knowledge of Africa and its people. Our major focus is services and resources for schools, however, we also work with libraries, museums, community and church groups, inservice programs, and groups with special interest in government, agriculture, business, language, politics, art, and tourism.

The program has set as one of its priorities the development of curriculum and teacher aids for the elementary, secondary, and college levels. During the first decade of the program's outreach activities, over one hundred handouts were developed on diverse topics by our staff. Among these are a large number of classroom-tested curriculum materials that have undergone extensive revision and updating over the years. Due to the great demand for these materials, we established the African Outreach Series, which is based on the themes and topics covered in the most popular handouts. Each number in the African Outreach Series normally includes: i) background material on the topic, written for the teacher who may have little familiarity with Africa; ii) classroom activities that have been used with success by other teachers; iii) supplementary resource materials in the form of case studies, specific examples, fact sheets, and maps; iv) a select bibliography on the topic. All the numbers in the African Outreach Series are self-contained units, though they may be used in conjunction with one another or with other teaching materials.

The following numbers may be ordered through the African Studies Program:

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